

Leave it in the pool

# Hour of Power™ Relay

Join us for the 12th Annual Hour of  
Power!

Tuesday, Nov. 13, 2018

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This is a great team bonding event, one that your  
athletes will look forward to each year!

## Quick Facts

**Who:** All collegiate, high school, club, masters, and other interested swimming & diving teams. Dryland teams (Basketball, Baseball, Volleyball, Football, Tennis, and Track) are encouraged to participate! **What:** "Hour of Power" Relay in honor of Carleton College swimmer [Ted Mullin](#), who passed away in the fall of 2006 from sarcoma, a rare soft-tissue cancer. Funds raised through this event support research at the University of Chicago Medicine into the causes and treatment of sarcoma in young people. When the event began in 2006, 15 teams joined together to raise team spirit, sarcoma awareness and \$11,000. By 2017-18, participation included 112 college swim team and dryland teams, 21 high school teams, 28 club teams and there are even two international teams that are participating, and 8,150 athletes. Over the past 12 years, participants in the "Hour of Power" have raised close to \$1,000,000.00 for the Ted Mullin Fund for Pediatric Sarcoma Research at the University of Chicago Medicine Comer Children's Hospital.

**When:** Tuesday, Nov. 13, 2018, 5 p.m. Eastern/4 p.m. Central or 5 p.m. Mountain/4 p.m. Pacific  
(or on a date or time convenient to your program)

**Where:** Your program's Home Pool

## Details

The annual "Leave it in the Pool" event features an "hour-of-power" relay practice. The set is one of the Carleton College Knights' favorites, and the team felt it would be an appropriate memorial to Ted to run a

“Leave it in the Pool” practice consisting of continuous relays—any stroke, all-out swimming—for an hour, with the objective of keeping all lanes in each pool on the same length.

The participants in the event are asked to gather donations for the Ted Mullin Fund for Pediatric Sarcoma Research at the University of Chicago Medicine Comer Children's Hospital. Checks should be made payable to "FJC/Ted Mullin Fund FSP" with the team name in the memo line, and mailed to the Ted Mullin Fund, P.O. Box 437, Winnetka, IL 60093-0437. [Donations may also be made online.](#) All donations made to the Ted Mullin Fund are tax deductible to the extent allowed by United States law. **We encourage participation to raise team spirit and sarcoma awareness whether or not your program is able to fund raise.**

### *WHERE DOES THE MONEY GO?*

Money raised acts as seed funding for the University of Chicago Medicine (UCM) pediatric sarcoma research program.

**For more information:** Contact Rick Mullin, [info@TedMullinFund.org](mailto:info@TedMullinFund.org), 847-971-5003 or Cindy Dell at [cdell@lfschools.net](mailto:cdell@lfschools.net) or 847-217-8156

**We are trying to double the amount of High school participants from the 25 that participated last year to 50 this year!**

**The Ted Mullin Fund has raised \$1 million and the Hour of Power is the single largest contributor (67% of the total). Thank you to all who have donated to this worthy cause!**