About the Program
• The Norse have brought home a conference-record 32 cross country team championships in 56 years of IIAC history.
• Collectively, 91 cross country runners have earned all-conference honors 130 times, while 10 runners have been named conference MVP 15 times.
• Fourteen cross country runners have earned All-American honors.
• One team and one individual have been crowned national champions.

Program Snapshot
During the 56-year history of the Iowa Conference cross country championships, the Norse have run to an unprecedented 32 team championship titles, including five of the past nine years. The Norse have qualified for the NCAA national cross country championships 28 times, posting 14 top-10 finishes including capturing the national title in 1985.

The demonstrated success of cross country at Luther College is built upon solid training and tight-knit camaraderie among team members. “With deliberate training to develop the components of stamina and speed, and heaps of team support, we prepare to run as well as we can at our championships,” says Coach Steve Pasche.

“We look for runners who have a deep-rooted belief that they can become much better and are eager to put in the miles to achieve that,” Pasche says. “Above all, though, we look for runners who strive to contribute to a team that functions cooperatively to a common benefit. We were very fortunate that our men’s and women’s teams have had some recent All-Americans, team championships, and chances to run at the national championships, but those successes are a by-product of a team that enjoys working together. That is camaraderie, that is what turns our wheels.”

In Decorah, the Oneota River Valley provides miles of dirt roads, challenging hills, and endless singletrack trails that meander throughout bluff country.

Cross Country Visits
• To set up a visit, contact the Luther Admissions Office at (800) 458-8437.
• Let our Admissions Office know you are interested in cross country.

STEVE PASCHE, HEAD COACH
(563) 387-1589  crosscountry@luther.edu
• Eleventh year as head cross country coach and distance track coach
• Two years as an assistant at Williams College (Mass.)
• Three years as head men’s cross country and distance track coach at Macalester College
• 1997 graduate of St. John’s University (Minn.), B.A.
• 1999 graduate of University of Iowa, M.S. exercise physiology

David McKay, two-time All-American, 2008 Central Region MVP, NCAA Postgraduate Scholar
Outstanding Athletics Facilities

Outdoor Facilities
- Carlson Stadium—5,000 seats; football field; eight-lane, 400-meter polyurethane-surface track with two directional approaches for pole vault and all jumping events; two shot put circles; discus/hammer cage; and multi-directional javelin-throwing areas
- Twelve tennis courts adjacent to Carlson Stadium
- Irrigated practice facilities and soccer-only stadium equipped with dugouts, stadium seating with a capacity of 500, perimeter fencing, and lighting for night matches
- Irrigated baseball and softball diamonds with seating capacity of 500
- 2.5-mile on-campus fitness trail allowing home cross country meets
- Chipping and putting green with adjacent driving range

Indoor Facilities
- Three full-sized basketball courts with seating capacity of 3,000; also used for volleyball and wrestling competitions
- 4,250-square-foot Paul Solberg Wrestling Complex
- New state-of-the-art, 25-yard, eight-lane pool with separate one-meter and three-meter diving well
- 200-meter, six-lane polyurethane-surface track, with easily accessible elevated walkway allowing for up to 400 spectators
- Six tennis courts
- Year-round training facility for baseball, softball, soccer, tennis, and football
- 10,000-square-foot Legends Fitness for Life Center featuring cardiovascular-conditioning machines, free weights, weight machines, climbing wall, computer lab, and social area

Over a Century of Athletic Excellence
- 232 IIAC championships won by Luther
- 162 men’s championships
- 70 women’s championships
- 110 NCAA Division III national tournament appearances
- 22 Men’s All-Sport Championships
- 8 Women’s All-Sport Championships
- 19 varsity sports—largest sponsorship in the IIAC
- 28 individual national champions
- 321 All-America Honors
- 38 NCAA Postgraduate Scholars
- 58 CoSIDA Academic All-Americans
- 1,800 All-Academic honors earned since 1993 (3.5 GPA or higher on 4.0 scale)

Luther Quick Facts
- Four-year liberal arts college affiliated with the Lutheran church (ELCA)
- National affiliation: NCAA Division III
- Conference affiliation: Iowa Intercollegiate Athletic Conference

Luther Quality
- Our retention rate is the highest in the Iowa Conference.
- 12:1 student/faculty ratio
- A Phi Beta Kappa chapter recognizes academic excellence. (Few colleges in the United States can claim this distinction.)

Luther Students
- Luther has 2,400 full-time undergraduate students from 40 states and 61 countries—the largest student body in the Iowa Conference.
- Luther is not a suitecase college—nearly all of our students live on campus and stay over the weekends, engaging in numerous campus activities.

Luther Education
- Luther delivers a liberal arts education, teaching critical-thinking and lifelong-learning skills.
- All Luther students participate in distinctive, hands-on learning: internships, research, study abroad, student teaching, or service learning.
- Luther graduates have excellent placement rates—about 98 percent of graduates are employed, enrolled in graduate school, or engaged in an internship or volunteer service within eight months of graduation.

Luther Financial Aid
- Ninety-eight percent of students receive financial assistance.

Admissions contact: (800)458-8437, admissions@luther.edu
Athletics contact: (563) 387-1575, www.luther.edu/sports