About the Program

- Luther has captured 12 Iowa Conference titles.
- The Norse have made 14 trips to the national championships, including 11 in the past 16 years.
- Two Norse runners have been crowned national champions since 1996.
- Fifteen Luther student-athletes have run to All-American honors.

Program Snapshot

In the 33 years the Iowa Conference has sponsored a conference cross country championship, Luther has finished in the top three 32 times and has captured 12 conference titles. Nationally, Luther has qualified 11 teams for the NCAA III championships in the last 16 years, including a sixth-place finish in 2010. Norse have run to All-American honors 15 times. Two Luther student-athletes were crowned national champions: Turena Johnson in 1996 and Johanna Olson in 2000. Two Luther student-athletes were named NCAA Postgraduate Scholars, most recently Emma Spoon, the 2010 and 2011 IIAC champion and 2011 All-American.

Much of the strength of the cross country program lies in the special camaraderie among teammates. “We strive for top performances, but we also really value the great social aspects that a cross country team can have,” says Yarrow Pasche, associate head coach. “We have an environment where we work hard, but on this team we truly do it because we love it. When you run in a beautiful place with outstanding teammates that you laugh with and love, it brings the best out of everyone.”

Luther has an on-campus cross country course; acres of open field, woods, and prairie on campus provide ideal training for cross country and distance track. The Oneota River Valley has miles of challenging hills and endless trails.

- Collectively, 70 runners have earned all-conference honors 122 times, while eight have been named conference MVP 16 times.
- Collectively, 37 runners have earned all-region honors 62 times, including five individual regional titles.
- Since 1993, 120 athletes earned 223 Iowa Conference all-academic honors.

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.
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