

# Announcing the 47th Luther College – ALL-AMERICAN INVITATIONAL – Cross Country Meet Saturday, September 14th, 2019

## JUNIOR HIGH – run as one race

9:00 am – **Spoon-Serres All-American Race** – 7th & 8th grade girls 3.2K, unlimited entries

9:00 am – **McKay-Mitchell-Jensen All-American Race** – 7th & 8th grade boys 3.2K, unlimited entries

## HIGH SCHOOL – one division for each race

9:25 am – **Lynch-Dobyns All-American Race** – high school girls JV 5K, unlimited entries

10:00 am – **McGrew-Sundet-Bohach-Busche All-American Race** – high school boys JV 5K, unlimited entries

10:35 am – **Johnson-Olson All-American Race** – high school girls varsity 5K, 7 runners

11:05 am – **Glessner-Livingood-Olson-Sandness All-American Race** – high school boys varsity 5K, 7 runners

## COLLEGE

11:30 am – **Asfahl-Hauglund-Swenson All-American Race** – college women 5K, unlimited entries

12:00 pm – **Takle-Sundet-Rapp-Murray All-American Race** – college men 4Mile, unlimited entries

## COURSE

Trails through woods and prairie provide an excellent cross country course on Luther's campus. The surface is grass or dirt paths, or grass fields -- there is no pavement. The topography includes both flat-open fields and challenging hills. Teams are welcome to preview the course on Friday.

## PARTICIPATION, ENTRIES, RESULTS

Please confirm your team's intent to participate. All coaches, direct your intentions to: Steve Pasche <crosscountry@luther.edu>

The high-school meet is sanctioned annually through the NFHS. HS coaches will receive contracts by email in mid-August. Specific procedures for submitting entries will be sent by email to all participating coaches in late August. HS coaches, it is your responsibility to relay the meet information, contracts, and entry procedures to your administrators. Chip timing and results by Wayzata Results.

## ENTRY FEES

\$100 per high-school gender (varsity and JV combined). All junior-high teams are free. \$150 per college gender, \$20 for unattached runners in the college races, Luther XC alumni are free, XC alumni of participating college teams are free. **Mail your entry fee so that we receive the check before race day or deliver your entry fee in person at the meet – entry fees must be received at or prior to check-in.** Checks payable to Luther College.

Mail to: Steve Pasche, Luther College XC, 700 College Drive, Decorah, IA 52101

## AWARDS

Team champions in each of the eight races will receive a trophy. The top-fifteen finishers in the high-school races will each receive a medal. All participants in the junior-high races will receive a ribbon. In the college races, the top-fifteen finishers will each receive a distinctive "Top-15" T-shirt. Unattached runners and alumni in the college races will be excluded from awards.

## TRAVEL

Parking and entrance to the meet is free for all, including both teams and spectators. Driving directions to Luther College:

[www.luther.edu/campus/directions](http://www.luther.edu/campus/directions) Arrive by way of Luther's main/north entrance via "College Drive," then proceed to the Regents Center

Parking Lot, on the lower/northwest side of campus [www.luther.edu/campus/map](http://www.luther.edu/campus/map), and allow Luther Security to direct your unloading and parking from there. The XC start/finish/camps-area is near the soccer pitch. Decorah-area lodging: [www.luther.edu/decorah/lodging](http://www.luther.edu/decorah/lodging)

## HISTORY

This meet has been running strong since its start in 1972. The titles of the eight races represent the twenty-four Luther College men and women who have raced to All-American honors at the National Cross Country Championships.

### Luther Men XC All-Americans

Gene Takle	1965, 1966 (national champ)
Bruce Sundet	1967
Keith Rapp	1970, 1971
Steve Murray	1973, 1974
Mark Glessner	1980
Al Livingood	1985
Stephan Sandness	1985
Eric Olson	1985
Brent McGrew	1995
Mark Sundet	1995, 1996
Adam Bohach	2006
Matthew Busche	2006, 2007
David McKay	2007, 2008
Marty Mitchell	2013
Isaac Jensen	2016

### Luther Women XC All-Americans

Diane Asfahl	1979
Lori Haugland	1981
Linda Swenson	1984
Turena Johnson	1995, 1996 (national champ)
Johanna Olson	1999, 2000 (national champ), 2001
Emily Lynch	2004
Janet Dobyns	2006, 2007, 2008
Emma Spoon	2011
Tricia Serres	2012, 2013

**Our "All-American Invitational"  
T-shirts will be available at the meet for \$15.**