

Women's Cross Country

About the Program

- Luther has captured eight of the past 14 conference titles.
- The Norse have made 10 trips to the national championships, including seven times in the past 10 years.
- Two Norse runners have been crowned national champions since 1996.
- Luther has had 12 athletes earn All-American honors.
- One student-athlete was an NCAA Postgraduate Scholar.

- Sixty-eight runners have earned all-conference honors, while seven have been named conference MVPs.
- Since 1993, 154 student-athletes have been named to the academic all-conference team.
- The Norse were seventh at the 2008 NCAA Division III National Championships, 10th in 2007, and 11th in 2006.



2009-10



Program Snapshot

During the 27 years the Iowa Conference has sponsored a conference cross country championship, Luther has finished in the top three 26 times and has captured a league-best 11 conference titles—most recently the 2007 championship. Nationally, Luther has qualified seven teams for the NCAA championships in the last 10 years. Twelve Norse runners have garnered All-American honors; most recently three-time All-American Janet Dobyns, who placed 15th at the national championships in 2008. Two Luther student-athletes were crowned national champions: Turena Johnson in 1996 and Johanna Olson in 2000.

Much of the strength of the cross country program lies in the special camaraderie that exists among teammates. "We strive for championships, but we also really value the great social aspects that a cross country team can have," says Yarrow Pasche, associate head coach. "We create an environment where hard work can be fun." As in the track-and-field program, emphasis is placed on both stamina and speed development to prepare the women for competition. Weight training and cross training are also added to the mix several times a week to maintain full-body health and supplement the running.

YARROW PASCHE, HEAD COACH

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- Fifth year as cross country coach
- Serves as assistant track and field coach, working with distance runners year-round
- Came to the Norse program following two years as an assistant at Williams College (Mass.), where the women's team won the national title in 2004
- Macalester graduate and six-time All-American in cross country and track
- Two-time IAC Coach of the Year and 2007 Central Region Coach of the Year



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



Turena Johnson-Lane, 1996 national champion and two-time All-American, placed 26th at the 2005 World Championships in the marathon and placed 6th at the 2008 USA Olympic Marathon trials.



Johanna Olson, 2000 national champion and three-time All-American.



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