

Announcing the 52nd Annual Luther College – ALL-AMERICAN INVITATIONAL – Cross Country Meet Saturday, September 13th, 2025

JUNIOR HIGH – run as one race

9:00 am – **7th & 8th Grade Girls 3.2K** – “Spoon-Serres All-American Race” -- unlimited entries

9:00 am – **7th & 8th Grade Boys 3.2K** -- “McKay-Mitchell-Jensen All-American Race” -- unlimited entries

HIGH SCHOOL – one division for each race

9:25 am – **High School Girls JV 5K** – “Lynch-Dobyns All-American Race” – unlimited entries

10:00 am – **High School Boys JV 5K** – “McGrew-Sundet-Bohach-Busche All-American Race” – unlimited entries

10:40 am – *National Anthem*

10:50 am – **High School Girls Varsity 5K** – “Johnson-Olson All-American Race” – run up to 10 athletes

11:20 am – **High School Boys Varsity 5K** – “Glessner-Livingood-Olson-Sandness All-American Race” – run up to 10 athletes

COLLEGE

11:45 am – **College Women 5K** – “Asfahl-Hauglund-Swenson All-American Race” – unlimited entries

12:15 pm – **College Men 4 Mile** – “Takle-Sundet-Rapp-Murray All-American Race” – unlimited entries

COURSE

Trails through woods and prairie provide an outstanding cross country course on Luther's campus. Topography includes both fast flats and defining hills, utilizing mowed grass or dirt trails. The routes of the courses allow the possibility for personal bests over the distance, while also maintaining the character of a fun and honest XC course with inherent challenge. Teams are welcome to preview the course on Friday.

PARTICIPATION

Coaches, please confirm your team's intent to participate to: Steve Pasche <crosscountry@luther.edu>. HS coaches: relay meet information, contracts, and entry procedures to your administrators if necessary. The HS meet is sanctioned annually by the NFHS and respective state associations. Specific procedures for submitting entries will be sent by email in late-August to the coaches of all confirmed teams.

ENTRY FEES

\$150 per HS gender. Junior-high teams are free! \$150 per college gender, \$20 for unattached in the college races, XC-alumni of all participating college teams are free. HS payment options, plan ahead: 1) mail your entry fee so we receive the check by Friday, Aug 22nd, or 2) pay by credit card online in order to submit entries. Checks payable to Luther College. Mail to: Steve Pasche, Luther College, 700 College Drive, Decorah, IA 52101

RESULTS, AWARDS

Chip timing and results by Wayzata Results. Team champs in each of the eight races will receive an award. The top 15 finishers in the MS & JV races and the top 45 finishers in the HS varsity races will receive an award. All participants in the junior-high races will receive a ribbon. In the college races, the top 15 finishers will receive an award. Unattached runners and alumni in the college races will be excluded from awards.

[All-American Meet Website \(linked\)](#) [2024 results \(linked\)](#) [HS Girls Indiv Honor Roll \(linked\)](#) [HS Boys Indiv Honor Roll \(linked\)](#)

TRAVEL

Parking and entrance to the meet is *free* for both teams and spectators. Teams, arrive by way of Luther's main/north entrance via "College Drive," then proceed towards the Regents Center, and allow Luther Security to direct your unloading and parking from there. The XC start/finish/camps-area ([linked course map](#)) is near the soccer pitch. Decorah-area [food & lodging \(linked\)](#). Buffet lunch for teams is available for \$12/person in the Luther Cafeteria by arrangement.

HISTORY

The meet got its start in 1972 by legendary Luther coach Kent Finanger. The titles of the eight races represent the twenty-four Luther College women and men who have raced to All-American honors at the National Cross Country Championships.

Luther Men XC All-Americans

Gene Takle	1965, 1966 (national champion)
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 champion)
Johanna Olson	1999, 2000 (national champion), 2001
Emily Lynch	2004
Janet Dobyns	2006, 2007, 2008
Emma Spoon	2011
Tricia Serres	2012, 2013

**Our popular “All-American Invitational”
T-shirts will be available at the meet for \$15**