



# IOWA HAWKEYE CROSS COUNTRY & TRACK

## Director of Athletics Gary Barta



### Gary Barta Director of Athletics

Gary Barta is in his fourth year as the director of intercollegiate athletics at the University of Iowa and his 23rd year in athletics administration, eager to build on the achievements and progress made in a challenging but rewarding 2008-09.

The Hawkeyes enjoyed a successful 2008-09 year competitively. Iowa finished the 2009 sports season ranked 45th nationally in the Learfield Sports Directors' Cup with

a school-record 474.30 – an improvement fueled by Iowa's victory over South Carolina in the 2009 Outback Bowl, the Hawkeyes' second straight Big Ten Conference and NCAA titles in wrestling, a third straight Big Ten Tournament title and a berth in the national semi-finals by the field hockey team, and NCAA Tournament or national championship participation by Iowa's women's basketball, women's cross country and indoor track, men's golf, gymnastics and softball programs.

Under Barta's leadership, Iowa's long-standing commitment to the academic pursuits of the more than 700 student-athletes who annually represent the Hawkeye intercollegiate athletics competition continues. According to graduation statistics distributed each fall by the NCAA, the class of student-athletes who entered Iowa at the start of the 2001-02 academic year had a graduation rate of 68 percent, a mark that compared very favorably to the 66 percent rate compiled by the overall student population at the University.

The 2008 Iowa football team tied for first in NCAA Graduation Success Rate (75 percent) among the 10 programs that have played in five or more January bowl games since the 2002 season. Iowa's 75 percent graduation success rate ranked third among teams in the 2008 final top 25.

The Hawkeye men's cross country, women's golf, and softball teams were also singled out by the NCAA for ranking in the top 10 percent among their peers in the NCAA's 2008 Academic Progress Rate (APR), a real-time look at a team's academic success each semester or quarter, by tracking the academic progress of each student-athlete. All 24 of Iowa's teams exceed NCAA APR standards and compare favorably to their peers in the Big Ten Conference and nationally.

Construction of new and renovation of existing facilities also remain high priorities for Iowa. The UI is working hard to reach its goal of breaking ground on a \$47 million revitalization of Carver-Hawkeye Arena, a much-needed renovation that will greatly improve the practice, strength training and conditioning facilities for a myriad of Hawkeye sports programs, including, most notably, the men and women's basketball, volleyball and wrestling teams. The project will also provide locker room updates, team meeting facilities, and much needed office and meeting room space for more than 200 full-time coaches and staff. The enhancement project will also expand and improve the experience for fans.

The University of Iowa will complete construction of the \$7 million P. Sue Beckwith Boathouse in fall 2009. This addition to the physical plant will come fast on the heels of a \$3 million renovation of the portion of the UI Recreation Building used by Iowa's baseball, track and field, and cross country squads; the replacement of the drainage system for the playing

field inside Kinnick Stadium and the installation of FieldTurf; and the reconstruction of Bob Pearl Field, home of Iowa's nationally ranked softball team, and Francis X. Cretzmeyer Track, Iowa's track facility.

In fall 2010, Barta will join leaders across campus in celebrating the opening of the \$69 million Campus Wellness and Recreation Center, the new home of Iowa's men's and women's swimming and diving program.

The construction of the Ron and Margaret Kenyon Outdoor Practice Facility – a facility envied by many collegiate programs and NFL franchises – and the renovation of Kinnick Stadium were phases 1 and 2 of the master plan, respectively.

Barta has hired four head coaches since becoming Iowa's 11th director of athletics on Aug. 2, 2006 and all four have quickly built solid foundations for their respective programs.

Todd Licklitter's 2008-09 UI men's basketball team battled through one of the nation's toughest schedules to claim 15 victories with a roster dominated by underclassmen. The 2009 season will be the second for volleyball coach Sharon Dingman, who guided the Hawkeyes to win totals of 14 overall and six against Big Ten opponents, marks that were the best for Iowa in eight seasons.

Kelly Crawford and Mark Hankins have raised the bar for both of Iowa's golf programs. Crawford's women's team finished fifth at the 2009 Big Ten Conference Championship – the program's best finish in 14 seasons. Hankins' men's squad finished sixth at the 2009 league championship – just five strokes out of third place. The finish was the Hawkeyes' best in eight years and earned Iowa a spot in NCAA regional competition. The Hawkeyes finished fifth at NCAA Regionals, which garnered the Black and Gold their first NCAA Championships appearance since 1994. At the championships, Iowa placed 17th in the country.

As the director of athletics at the University of Wyoming for three years, seven different coaches were named Mountain West Conference Coach of the Year. He also spearheaded a fund-raising effort that netted the Cowboy athletics program \$11 million in private support and \$11 million in matching state funds. Among other things, these funds allowed for significant stadium renovations and construction of a new indoor practice facility.

As the senior associate athletics director at the University of Washington, he directed the "Campaign for the Student-Athlete," was a participant in the design, construction and/or renovation of several athletic facilities, including Bank of America Arena and the Dempsey Indoor Practice Facility. During his time in Seattle, the Husky Athletics program generated nearly \$100 million in private support. In addition to almost doubling the amount of annual private contributions received by Washington, Barta also managed the department's external relations. His responsibilities expanded over time to include hiring of coaching and administrative staff and coordinating the schedule for the Huskies' men's basketball program.

The roots of his development experience extend to his first two positions: director of athletics development and external relations at the University of Northern Iowa and director of development at his alma mater, North Dakota State University.

Barta earned a Bachelor of Science degree in mass communication and broadcast journalism from NDSU in 1987. He was an option quarterback for Bison football squads that won the NCAA Division II national championship in 1983, 1985 and 1986.

Barta, and his wife, Connie, have a son, Luke (11) and a daughter, Madison (9). He was born September 4, 1963, in Minneapolis, MN.



## **An Exceptional Choice**

Since 1847, The University of Iowa has distinguished itself as a leader among public universities. Today its programs in health, business, engineering, education, law, the arts, communications, and the sciences are known worldwide for their excellence and innovation.

## **Outstanding Academic Opportunities**

Iowa offers degrees in 11 colleges: Business, Dentistry, Education, Engineering, Law, Liberal Arts and Sciences, Medicine, Nursing, Pharmacy, Public Health, and the Graduate College. Undergraduates can choose from more than 100 areas of study.

## **A Fun Place to Call Home**

Iowa City is a classic university town where learning and creating truly matter. The city blends the vibrant University campus and the natural beauty of the Iowa River with nearby shopping, entertainment, and residential areas.

## **Commanding Resources**

The University operates one of the largest research library systems in the country. Iowa equips its classrooms and laboratories with the latest in computer technology. Students benefit from this technology-rich environment coupled with the high personal attention of University faculty and staff. Visit the University's web site at [www.uiowa.edu](http://www.uiowa.edu) to about its multifaceted education, research and service programs.

## **More Than a Taste of the Arts**

Although temporarily displaced from their buildings by a summer 2008 flood, Hancher Auditorium and the UI Museum of Art continue to offer performances, exhibits and special events in alternate venues. Premier works of art are displayed in most University buildings and plazas throughout campus. Students may participate in theater, music, and dance groups.

## **Time and Space to Play**

Every year about 90 percent of Iowa's students make use of the University's recreational facilities. Each season offers a full schedule of intramural and club sports, ranging from rugby, tennis, and golf to volleyball, soccer, and swimming. Individual workouts are a part of many students' daily routines. Students also make use of campus walking and running trails, bikeways, ski trails, golf courses, and canoe and sailboat rentals to relax and enjoy leisure time.

## **What Distinguishes an Iowa Education?**

**Success.** Iowa's philosophy is that if students meet the entrance requirements, the University is going to do everything it can to help students to graduate. An Iowa degree spells success in the job market, giving students the skills to continue learning and growing throughout their careers.

**Excellence.** The faculty is stellar. Students are amazed not only at how much they know but at how enthused they are about sharing that knowledge and getting students excited about their subject.

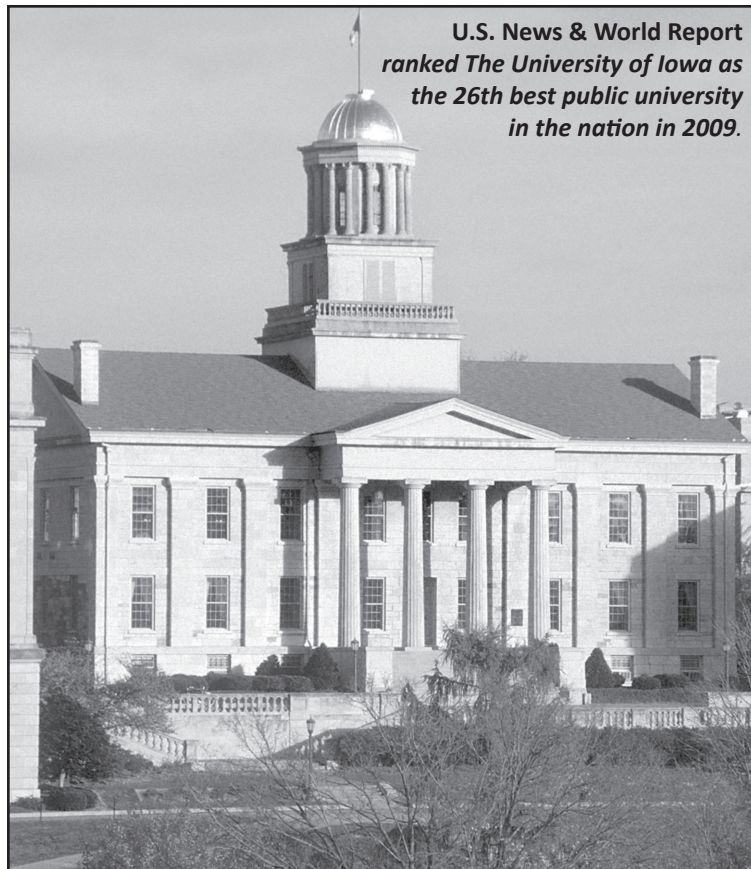
## **Comfortable class sizes**

Here are average class sizes for some typical first-year courses:

**Biology:** 600 in lecture, 24 in lab; **Rhetoric:** 22 in class; **Calculus:** 25 in class; **Western Civilization:** 260 in lecture, 22 in discussion group;

**German:** 15 in class; **First-year seminar:** 13 in class

U.S. News & World Report ranked The University of Iowa as the 26th best public university in the nation in 2009.



## **Consider Iowa's Advantages**

- According to the Fiske Guide to Colleges, the University of Iowa is a "Best Buy" for an outstanding, affordable education.
- Iowa celebrates diversity—the University attracts students from 100 countries and all 50 U.S. states.
- Iowa's students and faculty have an enthusiasm for learning and for having fun.
- Iowa is part of the Big Ten Conference, sharing academic and athletic traditions among a group of America's leading universities.
- Iowa's faculty members not only offer a full range of academic offerings for students, they actively engage in innovative research projects within their specialty areas.
- Students can easily travel a half day by car to a number of large American cities, including Chicago, Minneapolis/St. Paul, Kansas City, St. Louis, and Omaha.
- Iowa City holds a cosmopolitan charm all its own as a gathering place for the world's writers, for world-renowned artists, and for noted visiting lecturers.
- The University's 400+ student organizations include fraternities, sororities, and many professional and cultural societies.
- The University's career and placement services match students with companies for internships and other professional experiences throughout their education.
- The University's graduates excel in their careers, often holding leadership positions within their professions and communities.



# IOWA HAWKEYE CROSS COUNTRY & TRACK

*Hawkeye Athletics - A Total Program*

The UI Department of Athletics is under the direction of Gary Barta and is regarded as one of the top intercollegiate programs in the nation. This past season, the Hawkeyes enjoyed unprecedented success. Iowa scored a school-record number of points in the annual Learfield Sports Directors' Cup, a national program that honors institutions offering broad-based intercollegiate athletics programs that achieve at the highest level competitively.

Ten different UI teams accumulated a record total of 474.30 points as a result of their participation in postseason competition during the 2008-09 athletics year. Iowa's point total resulted in the Hawkeyes finishing in 45th place in the Directors' Cup standings for the NCAA Division I category that includes 271 participating institutions.

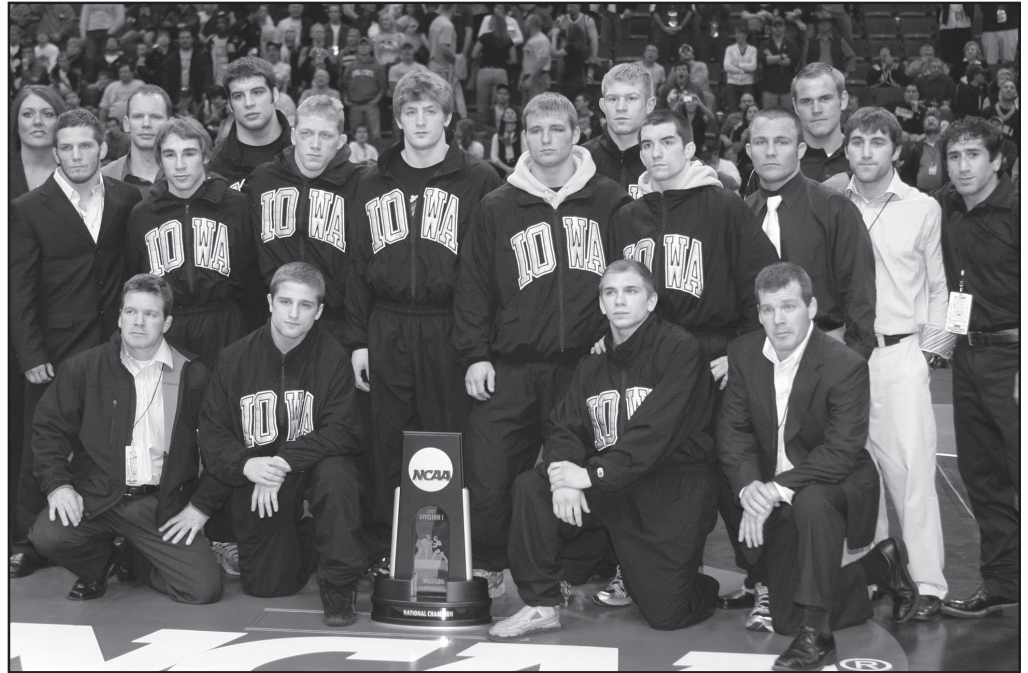
The support of their efforts and attendance by Hawkeye fans ranks among the best in the country.

While the Hawkeyes compete with the best in the nation in a variety of sports, Iowa boasts some of the most impressive athletic facilities in the nation, operated by one of the most respected departments.

Several new projects are underway on the Iowa campus. Some of the latest additions to the UI campus are the Roy G. Karro Athletics Hall of Fame and Visitors Center, the Russell and Ann Gerdin Athletic Learning Center and the Hawkeye Tennis and Recreation Center. Construction on the new Campus Recreation and Wellness Center has also begun and is scheduled for a summer, 2010 completion. Ground has also been broken on Iowa's \$7 million rowing boathouse. In addition, the UI expects to break ground on a \$47 million Carver-Hawkeye Arena renovation project this fall.

Kinnick Stadium received a major up-grading and renovation that was completed just prior to the 2006 season. The \$89 million project included the replacing of the south end zone stands and building of a four-level press box that houses 47 guest suites. New scoreboards, video walls, concession stands and new rest rooms were also part of the project.

The graduation rate of Iowa's student-athletes has improved in each of the past 10 years and has consistently ranked above the graduation rate of all UI students. Hawkeye athletes have garnered 76 academic All-America honors since 1992. The 2008-09 school year saw the University of Iowa produce 166 academic all-Big Ten athletes.



**The 2009 Iowa Hawkeye wrestling team won its 22nd NCAA championship along with its 33rd Big Ten title. Iowa crowned five all-Americans en route to its second-straight national and league championships.**

Iowa athletes have been recognized as all-Americans in their sport on 253 occasions during the past 17 years, including 15 this past season.

During the 2008-09 athletic year, the Hawkeyes continued their trend of success on

the playing fields and in academic pursuits. Below are some examples of Hawkeyes success last year.

The Hawkeye wrestling team continued its dominance on the mat claiming its 22nd and second-straight NCAA national championship



**The 2008 Iowa field hockey team won its third-consecutive Big Ten Tournament championship and advanced to the National Semifinals.**

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## Hawkeye Athletics - A Total Program



The Iowa football team won five of its last six games, including a 31-10 victory over South Carolina in the 2009 Outback Bowl. The Iowa Hawkeyes was the only Big Ten team to win its bowl game.

and its 33rd and second-straight Big Ten title. The Hawkeyes earn all-American laurels en route to the team championship.

Iowa football returned to the national scene, winning five of its last six games, including a dominating 31-10 performance over South Carolina in the Outback Bowl. Iowa was the only Big Ten football team to win its

bowl game. The return trip to Tampa for the Outback Bowl marked Iowa's fifth January bowl game in seven years. Hawkeye running back, Shonn Greene, earned the Doak Walker Award given to the nation's top running back and was also tabbed as the Big Ten's MVP.

Iowa's field hockey team won its third-consecutive Big Ten Tournament championship

and finished third nationally, advancing all the way to the National Semifinals. The Hawkeyes were ranked in the top 10 nationally the entire season and had three players named all-America. A total of 37 Hawkeyes have garnered all-Big Ten accolades under Head Coach Tracey Griesbaum.

The Hawkeye men's golf team surged last season climbing from a national ranking of 152nd in 2008 to 17th in 2009. Iowa placed fifth at the NCAA Southeast Regional and earned its first spot at the NCAA Championships since 1995.

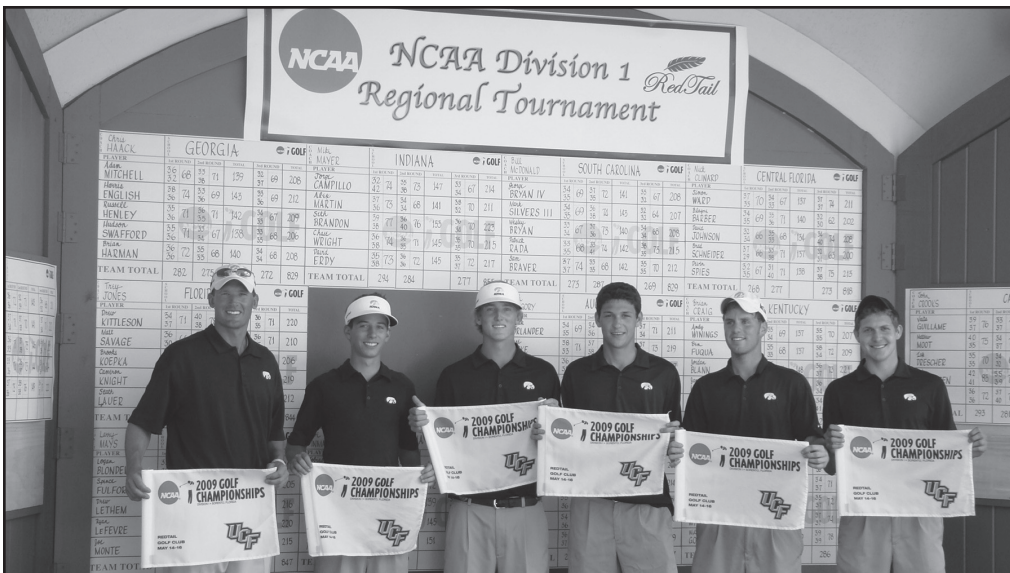
The women's basketball team had another successful season, finishing second and hosting first and second round NCAA Tournaments games in Carver-Hawkeye Arena. All five Hawkeye starters garnered all-Big Ten recognition for the first time in school history. The women's team has advanced to post-season play eight of the nine years under Head Coach Lisa Bluder, who is a two-time Big Ten and WBCA Regional Coach of the Year.

Head Coach Gayle Blevins and the Iowa softball team finished in the upper-division of the Big Ten standings, again, and also competed in the NCAA Tournament. Two Hawkeyes earned first team all-region laurels, while senior pitcher Brittney Weil was also tabbed second team all-America. She became the 16th Iowa softball student-athlete to be named all-America.

Iowa's women's cross country team competed at the NCAA Championships. Racheal Marchand became the third-straight Hawkeye to win the Midwest Regional race and be named the Midwest Region Women's Athlete of the Year.

Gymnast Geoff Reins earned all-America status on vault, while his Hawkeye teammates competed, again, in the NCAA Championships. The women gymnasts were ranked nationally most of the season and hosted the North Central Regional in Carver-Hawkeye Arena.

Whether it's the top-notch athletic or academic performances, the outstanding community and fan support or the impressive facilities, it's easy to understand why Iowa fans everywhere truly believe, "It's great to be a Hawkeye."



The Iowa men's golf team placed fifth at NCAA Regionals and earned its first spot in the NCAA Championships since 1995. At the championships, the Hawkeyes finished 17th.



Since its inception in 1979, Athletics Student Services has evolved from a two-person, academic support service to a broad-based, nationally prominent student support services operation. Its purpose is to offer academic and personal support services that will assist student-athletes in making timely and satisfactory progress toward their degrees and becoming tomorrow's leaders. Athletics Student Services focuses on four important areas - academic counseling and monitoring, educational and support programs, retention programs and compliance services - when working with student-athletes. Following are descriptions of some of the programs, services and opportunities available in those areas.

### **Gerdin Athletics Learning Center**

The \$4.6 million Russell A. and Ann Gerdin Athletics Learning Center opened in August of 2003 and gives all Iowa student-athletes a state of the art facility to support their educational goals. The Athletics Learning Center is a multi-level, 20,000 square foot facility which provides a computer center, study areas, classes and meeting places for all Hawkeye student-athletes. The Learning Center features an auditorium that converts into two classrooms, separate study rooms for under and upper-class student-athletes with 28 study carrels, a computer lab, five tutorial rooms, the book loan repository, office space for Iowa's Student Services staff and a display area to recognize the academic accomplishments of Iowa's student-athletes.

### **Academic Counseling & Monitoring**

Athletics coordinators work closely with student-athletes and their university-assigned advisors from the time they arrive on campus until the time they leave the University. Along with focusing on academic planning matters such as goal-setting, plans of study, choosing majors and degree requirements, athletics coordinators also help student-athletes understand NCAA, Big Ten and University academic policies. They also solicit feedback from instructors on academic progress made by student-athletes.



### **Tutoring**

Tutoring is available free of charge to all student-athletes. Tutors, who are post-graduates and teachers, help with course content as well as study strategies and are available in virtually all general education program subjects.

### **Retention**

A full-time staff member directs the retention program, which identifies student-athletes who may need tailored academic assistance and structure, and implements individualized learning plans to help them succeed. Such plans may include daily and weekly planning sessions with athletics coordinators and retention staff, tutoring, study groups, mainstreaming into on-campus services like the writing center, math labs and services for students with learning disabilities.

### **Transition Seminar**

All new student-athletes attend an eight-week transition seminar during the fall semester that is geared toward helping them make the transition from high school to college successfully. Seminar topics include time management skills, learning and study strategies, the culture and rules of the university and Division I Big Ten intercollegiate athletics, and personal leadership and life skills concerning alcohol safety, healthy relationships and intimacy, diversity and inclusion, tolerance, values and character.

### **CHAMPS/Life Skills**

Life skills programs are conducted throughout the year with and for student athletes on quality of life issues critical to personal growth, such as personal accountability, healthy lifestyles, alcohol safety, diversity and gambling.

### **Minority Enrichment Program**

This program offers a culturally supportive environment in which minority student-athletes develop friendships and a support network in the university. A core focus group of students and staff coordinate programs such as guest speakers, holiday celebrations, community service activities with the local neighborhood centers, events with Cultural Centers and networking with minority faculty, staff, professional and business leaders.

### **Career Guidance & Development**

Planning a meaningful career and a fulfilling life is an ongoing process of expanding and narrowing choices, beginning when student-athletes arrive on campus and continuing throughout their college career and lifetime. The professional staff works with other career development professionals on campus to offer individual consultation, career development seminars, workshops, referrals to other campus offices and special events like the Senior Recognition Banquet for graduating student-athletes.



*Located near Hillcrest residence hall, the Russell A. and Ann Gerdin Athletics Learning Center is easily accessible to Hawkeye student-athletes.*



*The Russell A. and Ann Gerdin Athletic Learning Center has plenty of places for Hawkeyes to study.*



*The Russell A. and Ann Gerdin Athletics Learning Center has large meeting rooms to accommodate student-athletes.*



*Hawkeye student-athletes can take advantage of a large computer lab in the Russell A. and Ann Gerdin Athletics Learning Center.*

## **Compare the Numbers**

*Iowa's student-athletes have outperformed the University's entire student population each year since the NCAA started requiring a report of student-athlete graduation rates.*



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## Strength Training

### The Hawkeye Strength Training Program

The program is designed to develop strength, explosiveness, speed, coordination, balance and flexibility. All qualities are developed through progression of exercises in four phases of training: **work capacity** - ability to perform work for a prolonged time and recover quickly, **strength** - ability to exert force, **power** - ability to exert strength quickly, and **speed** - ability to move the body in shortest time possible.

The highest level of performance is achieved by training under close supervision, in a year-round program. Improvement is monitored closely through the newest and best technology. Electronic timing devices are used to measure sprints, while a microcomputer device is used to monitor peak velocity and power outputs in weight training movements. With this technological support, the athletes are constantly receiving immediate feedback on their development.

### Strength & Conditioning Philosophy

The philosophy of this program consists mainly of two components. The first is to continually develop a scientifically sound program that will maximize strength, power and explosiveness in order to allow the athlete to get the utmost out of their genetic potential, and to reduce the chance of injury. This will primarily be accomplished through the use of ground based free weight exercises and the progressive incorporation of functional movements and plyometrics. The second is to establish a culture which will develop the discipline, character and mental toughness within each athlete and team as a whole so that they are able to make the sacrifices in their training, leave their comfort zone and develop a Championship ATTITUDE. This will encourage them to make the most out of every situation and opportunity given to them in athletics, so that they might know what it is to be fully committed to something in at least one area of their life. When these two converge, they are not only able to reach their full potential; they become champions on and off the playing field.



*The 1,800-square foot Recreation Building strength training facility is equipped with eight Olympic platforms, squat racks, medicine balls, physio balls and over 10,000 pounds of free weights.*



## **Athletic Training & Sports Medicine**

Continuing to set the standard in athletic training and Sports Medicine Service, The University of Iowa provides the student-athlete with exemplary medical care. Athletic Training Services is the largest component of the University of Iowa Sports Medicine program. UI Sports Medicine is a multidisciplinary healthcare team housed within the UI Sports Medicine Center, as part of University Hospitals & Clinics (UIHC), striving to provide exemplary everyday care all student-athletes. The team consists of Athletic Training, Orthopaedics, Primary Care, Physician Assistants, Radiology, Physical Therapy, and Nursing. In addition, Athletic Training Services connect student-athletes to UIHC resources and specialty areas. Iowa's staff of 12 full-time licensed athletic trainers and six graduate assistant licensed athletic trainers provide health care services within four athletic training rooms and ancillary facilities, involving injury rehabilitation and prevention programs among other health care services. When injuries and illness occur Iowa's athletic trainers provide treatment and rehabilitation programs to facilitate appropriate return to participation.

Services from the UIHC, among the world's largest university-owned teaching hospitals, support the efforts of the athletic trainers and other specialty sports medicine staff. Located next to Kinnick Stadium, the hospital offers a cutting-edge environment where staff physicians, sports medicine fellows, sports physical therapists, and athletic trainers care for student-athletes and produce successful outcomes. Dedi-

cated research and education result in outstanding care. During the fall of 2009 the Institute for Orthopaedics, Sports Medicine and Rehabilitation (IOSMR) will open to further enhance the care for student athletes and will house the UI Sports Medicine Center.

Athletic trainers form a team with orthopaedic and primary care physicians for every Hawkeye sport. Many of the physicians are fellowship trained in their specialty area and lecture locally, nationally, and around the world. In addition each athlete has access to orthodontists, nutritionists, psychologists, and specialty physicians at the UIHC. Priority access to see physicians and other health care professionals provides expertise for comprehensive health care that returns the student-athlete to practice and competition promptly and safely.

## **Recreation Building Athletic Training Room**

The Recreation Building athletic training room is used by the Hawkeye baseball, men's and women's cross country, men's and women's track and field, and softball teams. It supports health care with modalities (moist hot packs, ultrasound, electrical stimulation, Hivamat, and TENS), Hydroworx polar and thermal plunge pools with therapy jets and massage hoses to aid in self administration of deep tissue massage, cardiovascular equipment (LeMond independent pedal bike with Power Cranks, the Keiser Functional Trainer, Pre-Cor Ellipticals and Adaptive Motion Trainer), and a private physicians office.







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## *Distinguished Alumni*

When student-athletes consider their future, they should consider prospects beyond athletics. A list of all University of Iowa alumni who have distinguished themselves professionally would be difficult to assemble and could never be complete. However, some are truly outstanding in their area of expertise.

### Business

- Leland C. Adams**, Former president, Amoco Production Co.  
**John J. Balles**, Former president, Federal Reserve Bank of San Francisco  
**Arthur A. Collins**, Founder, Collins Radio (Rockwell Collins)  
**Kathleen A. Dore**, Executive vice president and general manager, Bravo Television Network & the Independent Film Channel  
**John W. English**, Former vice president and chief investment officer, Ford Foundation  
**H. John Hawkinson**, Former president and director of funds, Kemper Financial Services Inc.  
**Richard O. Jacobson**, President, Jacobson Warehouse Co.  
**Bill Krause**, President, Krause Gentle Corp.  
**Richard Levitt**, Chairman & CEO, Nellis Corporation  
**John Pappajohn**, Venture capitalist, entrepreneur; President, Equity Dynamics, Inc.  
**Henry Tippie**, Presiding director for Rollins, Inc.; RPC, Inc. and Marine Products Corporation; Managing director for The RMT Trust

### Education

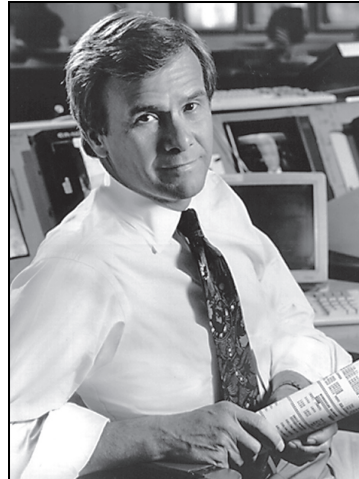
- Joseph N. Crowley**, President, University of Nevada at Reno and former NCAA president  
**R. Wayne Duke**, Former commissioner, Big Ten Conference  
**E.F. Lindquist**, Co-founder, American College Testing (ACT) Program  
**John B. McLendon**, First black coach inducted into The Basketball Hall of Fame  
**Eddie Robinson**, Legendary football coach, Grambling State University  
**Wilbur Schramm**, International authority on communications and founder, Iowa Writers' Workshop  
**Richard Schultz**, Executive Director, United States Olympic Committee; Former Executive Director, NCAA  
**James Van Allen**, Space Physicist

### Entertainment

- Diablo Cody**, Oscar Award winning writer of "Juno"  
**Simon Estes**, International opera star  
**John Falsey**, Executive producer of television's "Northern Exposure" & "I'll Fly Away"  
**Al Jarreau**, Grammy Award-winning singer  
**Mark Johnson**, Film producer and Oscar Award winner for *Rainman*  
**Alex Karras**, former NFL All-Pro, Detroit Lions; actor, *Victor, Victoria; Blazing Saddles; "Webster"*  
**Barry Kemp**, television producer, creator of the hit series "Coach"  
**Dave Keuning**, guitarist, The Killers  
**Shirley Rich Krohn**, Casting director for *Kramer vs Kramer, Three Days of the Condor, Taps, Saturday Night Fever*  
**Richard Maibaum**, Writer of James Bond motion picture scripts  
**Brandon Routh**, Actor, *Superman Returns*  
**Gene Wilder**, Actor, *Silver Streak, Young Frankenstein, Stir Crazy*

### Government

- David Bonior**, U.S. House of Representatives, Mt. Clemons, MI  
**Terry Branstad**, former Governor of Iowa  
**General Charles A. Horner**, Architect of the US air war against Iraq during the Persian Gulf War/Desert Storm  
**Mary Louise Smith**, noted political party leader and civil rights proponent  
**Juanita Kidd Stout**, First black woman elected to a state Supreme Court



**Tom Brokaw**  
NBC News



**Mark Shapiro**  
Former ESPN Vice-President

### Literature

- Mildred Wirt Benson**, Author of 23 Nancy Drew mysteries and first woman to receive master's degree in journalism at Iowa  
**John Irving**, Writer, *The World According to Garp, The Cider House Rules*  
**W.P. Kinsella**, Writer, *Shoeless Joe*  
**Margaret Walker**, Writer, *Jubilee*

### Media

- Alan Abelson**, Editor, *Barron's*  
**Tom Brokaw**, Former Anchorman, NBC News  
**John Cochran**, Correspondent, ABC News  
**Paul Conrad**, Political cartoonist and three-time winner of the Pulitzer Prize  
**Wayne Drehs**, General Assignment Writer, ESPN.com  
**George Gallup**, Founder, The Gallup Poll  
**Charles Guggenheim**, Documentary filmmaker, Peabody and Oscar award winner  
**Bob Miller**, Broadcaster, Los Angeles Kings  
**Herbert Nipson**, Executive Editor, *Ebony*  
**Brian Ross**, Correspondent, ABC News, NBC News; Peabody and Emmy award winner  
**Carole Simpson**, Anchor, ABC News

### Medicine

- Dr. Nancy Andreasen**, Psychiatrist renowned for her research on schizophrenia, as well as creativity  
**Dr. Johann L. Ehrenhaft**, Pioneer in field of open heart surgery  
**Dr. Robert C. Hardin**, Developed blood bank protocols during WW II based on seminal work on blood preservation  
**Dr. Don H. O'Donoghue**, sports medicine pioneer  
**Dr. Emory D. Warner**, World recognized pathologist

### Pulitzer Prize Winners

- Marquis Childs**, 1970, *St. Louis Post Dispatch*  
**Rita Dove**, 1987, *Thomas and Beulah*; U.S. Poet Laureate  
**Jorie Graham**, 1996, *The Dream of the Unified Field; New and Selected Poems*  
**J. Tracy Kidder**, 1982, *The Soul of a New Machine*  
**James A. McPherson**, 1978, *Elbow Room*  
**Jane Smiley**, 1992, *A Thousand Acres*  
**Tennessee Williams**, 1948, *A Streetcar Named Desire*; 1955, *Cat on a Hot Tin Roof*



## The Colleges

Most freshmen who enroll at The University of Iowa are admitted to either the College of Liberal Arts and Sciences or the College of Engineering. The General Education Program allows students to sample courses in more than 100 areas of study. At Iowa, students are required to take electives, major courses, and general education course work.

## Liberal Arts & Sciences

**Undergraduate Degrees Offered** - Bachelor of Arts (BA) and Science (BS) in 58 major fields; Bachelor of Fine Arts (BFA) in Music (BM) and of Liberal Studies (BLS). **Admission** - Freshmen and transfer students are to meet the college's admissions requirements.

## Engineering

**Undergraduate Degrees Offered** - Bachelor of Science in Engineering (BSE) in six majors- biomedical, chemical, civil, electrical, industrial, and mechanical engineering. **Admission** - Students must meet the college's high admissions requirements.

## Business

**Undergraduate Degrees Offered** - Bachelor of Business Administration (BBA) in six majors: accounting, economics, finance, management, management information systems, and marketing. **Admission** - Usually requires two years of pre-business study in the College of Liberal Arts and Sciences. Details at [www.biz.uiowa.edu/upo/admissions/](http://www.biz.uiowa.edu/upo/admissions/).

## Education

**Teacher Education Programs** - Elementary Education, Art Education, English Education, Foreign Language Education, Mathematics Education, Music Education, Science Education, and Social Studies Education. Additional teaching minors in Coaching, ESL (English as a Second Language), Hearing Impaired, Journalism, and Talented and Gifted. **Admission** - Review all admission requirements and program guides at [www.education.uiowa.edu/tess/](http://www.education.uiowa.edu/tess/)

## Nursing

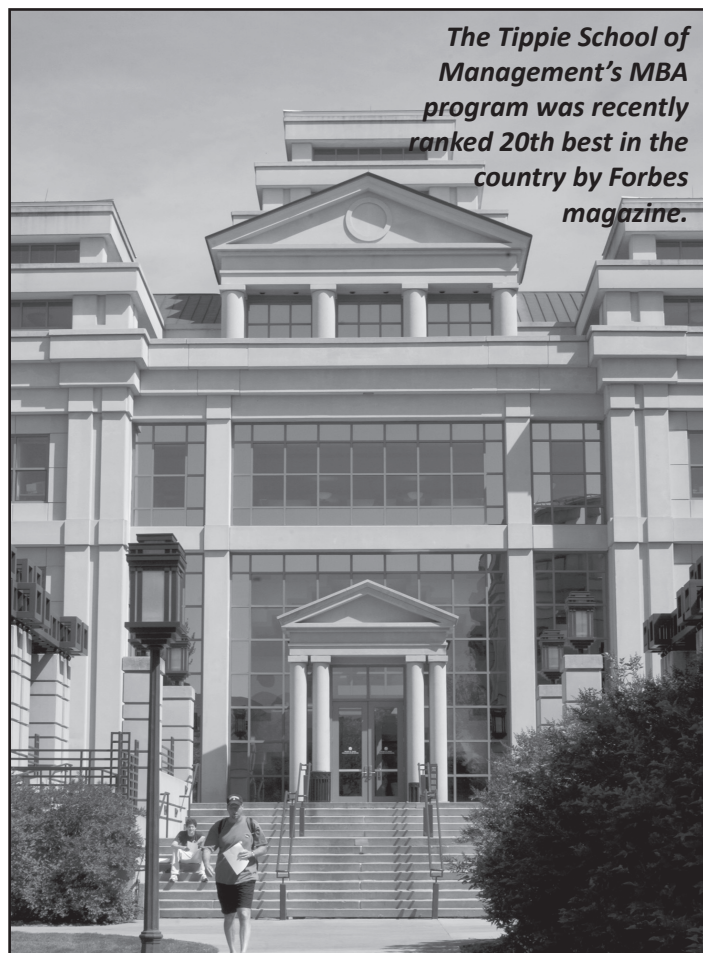
**Undergraduate Degrees Offered:** Bachelor of Science in Nursing (BSN). **Admission:** Students typically complete one year of pre-requisite courses in the College of Liberal Arts and Sciences and apply for admission during the second semester of the first year. The College of Nursing has competitive admission. The BSN requires three years of study once the student earns admission.

## Pharmacy

**Professional Degree Offered** - Doctor of Pharmacy (PharmD). **Admission** - Students must successfully complete required pre-pharmacy course work in the College of Liberal Arts and Sciences. These requirements may be met in two years but do not guarantee admission. Students must also complete the Pharmacy College Admission Test (PCAT).

## Graduate and Professional Degrees

Many student-athletes who have attended The University of Iowa and completed their undergraduate degrees continue their education at the University. Student-athletes who attend graduate or professional school must first complete course work toward a bachelor's degree in their field of study. The University also offers undergraduates the opportunity to participate in research and overseas study programs, as well as internships that will help prepare them for graduate school.



*The Tippie School of Management's MBA program was recently ranked 20th best in the country by Forbes magazine.*



## Housing

Each athletics team has its own rules regarding residence of incoming freshmen. Across the University, about 90 percent of freshmen choose to live on campus in one of the 10 residence halls. Most student-athletes live at least two years on campus.

The residence halls have full-service dining rooms, study lounges, laundry facilities, recreational facilities, vending, and bank machines. Each room has high-speed computer connections for e-mail and Internet access, plus there are wireless networking hot spots in a variety of locations across campus. Iowa also offers wireless networking in 52 buildings and several outdoor areas, providing more than 265 access points across campus.

## Safety

- 11:55 p.m. - 2:10 a.m.: Free SafeRide buses take students home Fridays and Saturdays during the fall and spring semesters.
- Special telephones with blue lights are stationed across campus with a direct link to the UI Department of Public Safety.
- University of Iowa Police personnel educate students on safety during summer orientation.
- The Rape Victim Advocacy Program cooperates with the UI Department of Public Safety and participates in Sexual Crime Awareness Week.

## Cambus

There are six primary bus routes throughout the Iowa campus. The University Cambus provides over three million free rides to class and to the dorms for students each year. Some routes run seven days a week, and some run until 2:30 a.m. Cambus also operates a specialized transportation service for persons with disabilities.

## Health Services

The University of Iowa provides the student-athlete with the most up-to-date and highest-quality medical care available. Students at Iowa can go to Student Health Service, which is open Monday through Friday. The service is supported by a fee paid by all full-time students. It offers students unlimited free office visits (there is a charge for other procedures done in the office, such as blood tests).

## Libraries

The University of Iowa Libraries supports the academic achievement of all student-athletes with specialized courses, one-on-one consultations with librarians, 24/7 access to electronic resources through the web site ([www.lib.uiowa.edu](http://www.lib.uiowa.edu)), and extended hours, which can accommodate complicated practice and travel schedules. UI Librarians help students find answers, whether they're on a web site, in a book, journal, government document, or database. Librarians also plan and teach students how to find, evaluate, and use information from a variety of sources--skills they will use throughout their lives.



## Career Planning

Finding and pursuing a career takes careful planning. The Pomerantz Career Center is extremely valuable for student-athletes and can help identify skills that transfer from athletics to the workplace. The program suggests a timeline each student-athlete may follow throughout his or her stay at Iowa. The components of the program include:

- Individualized career advising
- Career education programs
- Summer job/internship opportunities
- Resume and cover letter development
- Preparing for life after college athletics

## Computers

There are 26 Instructional Technology Centers all over the campus which are filled with 1,200 computers. These facilities are open at least 50 hours a week. Some are open 24 hours. Also, the Information Arcade in the Main Library provides a variety of specialized computing tools. The Computer Demo Center provides information for students who want to purchase computers and software.

## Skills Labs & Support

Many academic departments offer skills labs to help students improve skills necessary to succeed at Iowa, such as writing, speaking, math, science, and foreign language. Assistance with skills such as note-taking, time-management, and test-taking are available through resources such as the College Transition Seminar (a credit-bearing course offered through University College), University Counseling Services, and Athletic Student Services staff.

## Cultural Centers

Four cultural centers on campus provide a welcoming setting where students from various cultures can find cultural, academic, and personal support services: the Latino and Native American Cultural Center, the Afro American Cultural Center, the Asian Pacific American Cultural Center, and the Lesbian, Gay, Bisexual, and Transgender Resource and Education Center.



Iowa City is a diverse, highly cosmopolitan community of 60,000 set in the natural scenic beauty of Iowa's rolling hills and woods along the tree-lined banks of the Iowa River. Iowa City has all the art galleries, ethnic foods, historic architecture and vibrant atmosphere of a much larger city, but with the compactness and friendly feeling of a small town.

As a place to live, Iowa City keeps winning awards and accolades - Named one of the 10 most enlightened towns in the country by *Utne Reader*, listed in the book *The 100 Best Small Art Towns in America* and selected the number-one place to live in the nation by *Editor & Publisher* magazine.

Economically, businesses such as Rockwell Collins, American College Testing and Procter & Gamble help keep the city booming. In Coralville, a branch office of Geico Auto Insurance has provided many residents with employment opportunities.

Culturally, Iowa City is alive with concerts, art exhibits, readings, plays and art events of all kinds. Located on the University of Iowa campus, Hancher Auditorium is a nationally-known performance center that brings in the best of Broadway, classical and jazz music, dance and other performances. The University of Iowa Theatre Arts department also produces a full schedule of plays each year, featuring the work of student performers and directors. So whether you enjoy the arts as a spectator or as an outlet for your own creativity, Iowa City has the opportunities.

Residents of Iowa City are not only economically and culturally enriched, they also take advantage of the numerous recreational facilities offered around town. The area's more than 30 parks provide opportunities for year-round activities including boating, hiking, swimming, fishing and skiing.

The city's greatest charm, however, remains the sincere friendliness of its citizens, the cosmopolitan atmosphere and the successful partnership built between the community and the University.

### **Old Capitol**

One of the most recognizable sites in Iowa City is the gold dome of the Old Capitol which is situated in the heart of downtown. Built in 1840, it is Iowa City's most historic building. The Old Capitol was the site of the first governor inauguration as well as the first six Iowa General Assemblies. It is also where the state's Constitution was drafted. When the capital was moved to Des Moines in 1857, the Old Capitol was dedicated to The University of Iowa, becoming the first building owned by the University.

### **Coralville Lake**

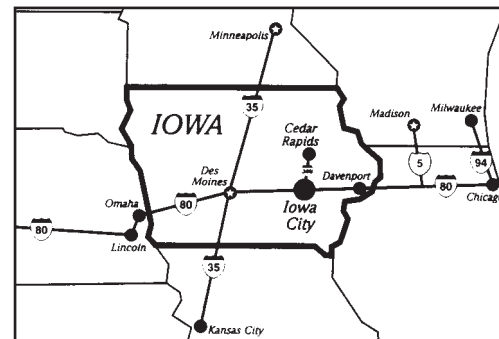
Just north of Iowa City is Coralville Lake, an outdoor recreational area that offers a variety of opportunities for the public. Coralville Lake offers picnic shelters, biking, hiking, fishing, boating, swimming, hunting, camping, snowmobiling, cross country skiing, golf and disc golf.

### **City Plaza**

Located downtown and in walking distance of many of the University's dormitories is the City Plaza. It is a perfect place to sit outside and study or hang out with friends. During the fall, spring and summer months there are concerts and art festivals in the "Ped" Mall.

### **Coral Ridge Mall**

The Coral Ridge Mall is a 1.2-million-square-foot shopping center located just minutes from campus. The center combines a mix of over 120 specialty shops and strong department stores including Dillard's, JC Penney, Sears, Target and Younkers. Coral Ridge also offers entertainment features such as an NHL-regulation-sized indoor ice arena, state-of-the-art 10-screen movie theatre and a large carousel along with a 1,000-seat food court with sit-down restaurants. Specialty stores include Abercrombie & Fitch, Barnes & Noble, Gap, Old Navy, Scheels All Sports and Pier 1 Imports.



***Iowa City is located in eastern Iowa and is an easy trip to such cities as Des Moines (the capital of Iowa), Chicago, St. Louis, Kansas City, and Minneapolis. Also, Cedar Rapids, a city of more than 150,000, is just a short drive north of Iowa City. The Eastern Iowa Airport, which links residents to every major airport in the Midwest, nation and world, is only 20 minutes away.***

***For More Information Contact:  
Iowa City/Coralville  
Convention & Visitors Bureau  
900 First Avenue, Coralville 52241;  
319/337-6592 or 800/283-6592  
www.iowacitycoralville.org***





# IOWA HAWKEYE CROSS COUNTRY & TRACK

*Hawkeye Traditions*

## The Hawkeye Nickname

The University of Iowa borrowed its athletic nickname from the state of Iowa many years ago. The name Hawkeye was originally the name of the hero in the fictional novel, *The Last of the Mohicans*, written by James Fenimore Cooper. Cooper had the Delaware Indians bestow the name on a white scout who lived with them.

In 1838, 12 years after the book was published, people in the territory of Iowa acquired the nickname, chiefly through the efforts of Judge David Rorer of Burlington and James Edwards of Fort Madison.

Edwards, editor of the Fort Madison Patriot, moved his paper to Burlington in 1843 and renamed it the Burlington Hawkeye. The two men continued their campaign to popularize the name, and territorial officials eventually gave it their formal approval.

## Herky The Hawkeye

The Hawkeye nickname gained a tangible symbol in 1948 when a cartoon character, later to be named Herky the Hawkeye was hatched. The creator was Richard Spencer III, instructor of journalism at Iowa.

The impish Hawk was an immediate hit and acquired a name through a statewide contest staged by the athletic department. John Franklin, a Belle Plaine alumnus, was the man who suggested Herky.

Since his birth more than 45 years ago, Herky has symbolized Iowa athletics and epitomized University life. He even donned a military uniform during the Korean War and became the insignia of the 124th Fighter Squadron.

During the mid-1950s, Herky came to life at a football game as the Iowa mascot. Since that time, Herky has been a familiar figure at Iowa athletics events.

## School Colors

For 40 years Iowa was without school colors, but in 1887 a group of 50 seniors met on the steps of the Old Capitol to decide what are now the school official colors. They chose Old Gold, the color of Iowa's vast corn fields and Black, the color of the rich soil.



## School Fight Song

The Iowa Fight Song was written in 1950 by Mason City, Iowa, native Meredith Willson. Best known as the creator of Broadway's "The Music Man," Willson was awarded a 1963 University of Iowa Alumni Association Distinguished Service Award for "setting the spirit of Iowa to music." The lively cheer is sung hundreds of times during Iowa athletics events the year around.

*The word is Fight, Fight, Fight for IOWA  
Let every loyal Iowan sing;  
The word is Fight, Fight, Fight for IOWA  
Until the walls and rafters ring (Go Hawks!)  
Come on and cheer, cheer, cheer for IOWA  
Come on and cheer until you hear the final gun.  
The word is Fight, Fight, Fight for IOWA  
Until the game is won.*