

Bio - Coach Mac

As a competitive athlete, Coach David (Mac) McMillan earned a full athletic scholarship at Penn State University where he still holds school records and ranks #4 on the All-time 1500m list. At Penn State, he was an All American in X-country and Track. After college, Coach Mac competed for the Saucony National team and was appointed the long distance chair for USA Track & Field in Utah. He was selected for the US National team, qualified for the US Olympic trials and the South African Track and Field and X-country teams. Politics prevented him from competing in international events.

Coaching Experience

Coach Mac has been coaching since 1992 and has coached professional athletes, college, middle school, and high school cross-country and track and field. Between 1997 and 2005, he coached at St. Joan of Arc in Hershey PA, and guided a number of middle school runners to CSAA titles, including his daughter Samantha who went on to win the HS Girl's mile at Penn Relays in 2007.

Between 2009 and 2011, Coach Mac was the Head XC Coach at Judge Memorial Catholic HS in Salt Lake City. He coached both boys and girls to top 5 finishes at the Utah 3A XC Championships, and one individual to a 2nd place finish.

As a 1st-year XC coach at Durango for the 2012-2013 season, Coach Mac led the DXC boy's team to a 9th place finish at the 4A State XC Champs, while the girls finished 12th. Joe Maloney finished 6th overall, and sister, Shannon finished 3rd. Both earned All-State awards. The boys won the Region 6 championships and the girls were 2nd.

Career Bests

Track	Road	XC
800m: 1:50.2	1 Mile: 3:52.14	5K: 14:08
1500m: 3:42.1	5K: 13:40	8K: 23:07
3000m: 7:52.5	10K: 28:45	5.2 Miles: 24:11
5000m: 13:52.?	1/2 Marathon: 63:01	10K: 29:50