

Coach Sue O'Malley **Head Track & Field/ Cross Country Coach**



Coach Sue O'Malley is in her 35th year of running. She started at the age of 14 when she went out for the high school team. She is still the school record holder in the mile (5:24) and two mile (11:19); Seven-time Centennial League mile and two mile champ, district runner-up seven times, went to states four times in high school. The school didn't have cross-country, so Sue competed as an individual and won the district title her junior year and went to states. In 2002 Sue backed off on her training/racing for five years due to teaching schedule and taking care of her daughter Erin.

At East Stroudsburg State College (now university) Sue ran both track and cross-country. She was the top X-C runner all four years, and won the Army Invitational twice and went to nationals in Idaho. In track, she was a seven-time state champ in the 5,000 and 10,000 and was All-American in the 10,000 (35:55) her junior year.

Coach O'Malley's most memorable race was the U.S. Olympic Trials for the inaugural women's marathon in 1984 (my 25th anniversary) in Olympia, Wash. She finished 50th after being seeded 85th. She was the first Pennsylvanian with a time of 2:43:01, her PR. She also won the Marine Corps Marathon in 1983 to qualify with a 2:45.

Coach O'Malley's favorite distance is the 15K or 1/2 marathon. She trains 7 days a week logging in about 70 miles per week. She does track once a week, tempo runs and tries to race every weekend. She enjoys doing track workouts and tempo runs with a group but on daily training runs, her shadow is her companion.

Coach O'Malley was once on a Wheaties box after she was chosen as the Florida winner in a contest in search for every day heroes. She also carried the torch for the 2001 Winter Olympics in Ft. Lauderdale. Coach O'Malley resides with her husband J.J. and daughter Erin in Port Orange.

