

Track: Ridgewood hurdles trio again breaks Bergen County record

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ORADELL – The hardest thing in sports might be to repeat a championship or lower your own record. If it's a Super Bowl championship team or a golfer in a major championship or a high school athlete in a state final, doing the same thing twice in a row is very difficult.

And when that championship includes a Bergen County record, it would seem even harder.

Katherine Muccio, Victoria Purritano and Virginia Morley don't agree.

The Ridgewood trio won the Division A intermediate hurdles Friday at the Jack Yockers Bergen County Relays for the second straight year and for the second straight year lowered the Bergen county record, this time to 3:13.0, more than a second faster than last year.



Bergen County Relays at River Dell H.S in Oradell on Friday, April 12, 2019. Katherine Muccio, of Ridgewood, in the 3 X 400 Hurdles. (Photo: Michael Karas/NorthJersey.com)

"It's easy to get caught up in running for records," said Morley, who shook off the longest slump of her career, by running a solid 66.7, her best race of the year. "But we run for each other and run to get better, and this is the result."

Purritano agrees and goes Morley one better.

"I think already having the record pushes us even higher," says Purritano, who came within a couple of ticks of her own personal best by running 65.1. "We all have high expectations of ourselves and our coaches keep us grounded."

But no one has higher expectations than Muccio, who continued her spectacular come back from a serious foot injury last spring with a personal best and state leading 61.2 clocking, fourth best in Bergen County history. She also set the school record breaking the old mark of 61.36 set by Micaela McPadden in 2013.

"This is a three-season sport and we all bond with each other and push each other in every way," said Muccio, who has shed all signs of the rust that marked most of her winter races. "It's nice to be out here again and set a personal record again. I've put the winter behind me."