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[FaceBook]

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How to Win a Race



Kenyan runner Abel Mutai was a few meters from the finish line, but got confused by the signals and stopped, thinking he had finished the race.

The Spanish runner, Ivan Fernandez, was right behind him and, realizing what was happening in front of him, began shouting for the Kenyan to keep running. Mutai

did not know Spanish and did not understand.

Fernandez pushed Mutai to victory.

One reporter asked Evan, "Why did you do this?" Evan replied, "My dream is that one day we can have the kind of community life that pushes ourselves and others to win as well."

"But why did you let the Kenyan win?" the reporter insisted. Evan replied, "I didn't let him win, he would win. It was his race."

The reporter insisted and asked again: "But you could have won!"

Evan looked at him and replied, "But what is the merit of my victory? What is the honor of this medal? What will my mother think?"

Values are passed on from generation to generation.

What values do we teach our children and to what extent do they inspire others to earn them? Most of us take advantage of people's weaknesses rather than helping to strengthen them.

[DIARIO DE NAVARRA]

JJ IMBULUZQUETA. PAMPLONA

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A Gesture/A Reunion

They were barely able to speak. The cold and the bad weather this Sunday at the Cross de Atapuerca in Burgos were not the best setting for a conversation. Still, just before the start of the race the two men saw and greeted each other. Both recognized each other immediately from their last encounter.



Both are now some of the most discussed athletes in recent years. The Vitoriano native, **Iván Fernández**, and the Kenyan **Abel Mutai** turned face to face for the first time in almost a year together on the track.

The last time they met, Abel Mutai led handily in the Burlada Cross Country race. In fact, the Olympic Bronze Medalist of the 3,000 hurdles in London dominated the race. But, when entering the final turns in the Burlada, he stopped early, confused by the signage. Fernández, who was quite a long way away, caught up with him, but far from taking advantage of that mistake, Mutai called out to correct Mutai's mistake. That act enabled Mutai to win.

"If the circumstances were similar, I would do it again without hesitation. Any other race, it would have been in a track competition where there is no place for error. This wouldn't have happened to him", Ivan explained.

"I did it because I knew I was supposed to. It was nothing unusual. He had dominated the whole race. He was simply confused because there were several banners..." Mutai had stopped running *thinking he had already crossed the finish line*.

"I wondered what might come of it but forgot about it after a while. Then it started circulating on social media. A year later it is still remembered. I've seen it shared by thousands of people and accumulate 100,000 'likes'. Now that was as surprise."

Among the messages Fernandez received through the social networks in the past few months, there were great athletes like **Jorge Lorenzo, Eric Abidal, Maverick Viñales** or famous people like **Paula Vázquez**. However, the ones that have come to mean the most to him are those of the people who thanked him.

"(These people) tell me that I have helped them to see life in a different way; that they've used it as an example to teach values to their children or students. "

Fernandez would have liked to chat for a while in private after the latest race, but time wouldn't allow it.

"We are in the middle of the season, but it was very cold so we rushed inside to keep warm and stay healthy. And then we were too busy with other commitments."

Fernandez is qualified for the European Cross this year and won't be repeating his appearance at the Burlada in the near future. "Of course. If I can't run it, I'll try to go see the race and be with (my friend) in spirit," he said...