



Suunnistus- MÄNKIJÄ 2 2025

TuMe100-competitions Eurocup

The IOF has selected next autumn's TuMe 100th anniversary competition to be part of an European Cup for trail orienteering (ECTO). The club has been granted permission to organize three competitions on September 13 and 14. On Saturday there will be a normal national sprint and trail orienteering tempo, and on Sunday a normal trail orienteering competition. In addition, on Sunday the scouts will organize an old-fashioned triathlon. All competition events are part of TuMe's centennial year. The venue is Impivaara in Turku.

The planning of the competitions begins with a joint information and planning meeting in Kolo on February 25 at 6:00 PM!

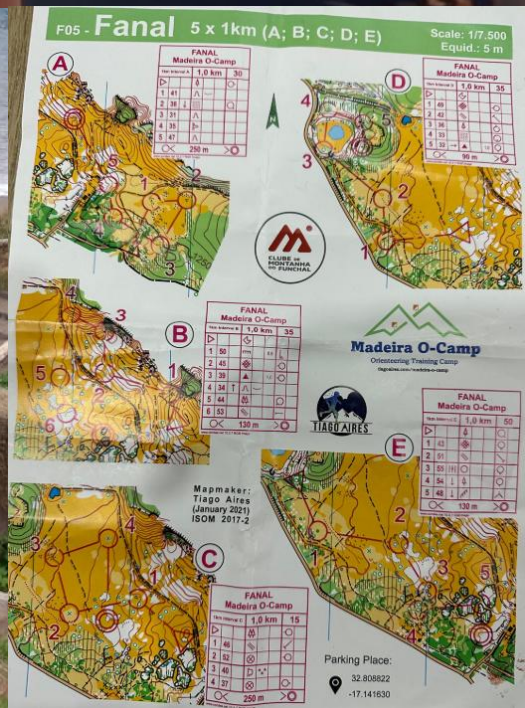
Honorable mention from the previous

European TrailO Championships organized by the club in the spring received an honorable mention from SSL when the association awarded the best of 2024 a week ago in Pajulahti.



Suunnistusmänkijä is the newsletter of the orienteering club Turun Metsänkävijät, which is distributed by email almost on the first Monday of every month. It can be read on the club's website under "Jäsenille". Send announcements, tips, pictures and reports about your competitions, training, trips. The deadline is always at the end of the month.

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Hatman, Jonas Blom, Yannick and Fisú.

Patu's training for a day.

Double win from Madeira

Fisú first and Yannick second, when the 2025 competition season opened at the Madeira Orienteering Festival. Yannick also won the sprint WRE competition.

From Blacks Hatman and Digi were also in the main series, as well as Sundman, who won the sprint in the age groups, and Patu, who focused on forest competitions.

The manager praised the MOF arrangements and the island's hiking trails. The weather had also been kind to them.

MOF was the boys' own adventure with training and competitions. The club's southern camp is in Portugal in few weeks from now.

Introducing Samu Heiska



Eats porridge and sleeps too little

Who?

Samu Heiska, 33, entrepreneur/orienteering coach. Kouvola has been operating as a training center for a few years now. The family consists of a son and wife.

Your orienteering goals for 2025?

Kuopio World Championships middle distance and Jukola, where I want seven successful performances as a team and to see all the runners in the best shape of their lives!

What is the best thing about TuMe?

Colorful personalities that unite the team. Great support that enables high-quality camping. The amount of support from the club does not limit development in the least.

Your best performance/best memories?

This goes as far back as 2014 and the EP am-relay. The only time in my life that I have experienced flow. The terrain was used in this year's Jukola, so expectations were high. Of course, Lukkari-Jukola also goes high, as we were still in second place on the 6th leg.



Samu was the fastest in the 5th leg of Lukkari-Jukola. Photo TS.

How did last summer's injury eat away at the man?

I ate unconsciously, but this year's goal kept my motivation high and after a couple of weeks of rest, it was easy to work on the replacement exercises. Once again, I saw the charming effect of water running!

Your favorite terrain?

The open rocks of Southwest Finland. Or the other end and really tough terrain.

What training tips would you give to your teammates aiming for Jukola teams 4-7?

Repeats, repeats. And especially for those who orienteer more in Southwest Finland, go in the worse terrains sometimes.

What do you think of Turku?

As a former resident of Härkämäki, I really miss Turku, and especially the summer in Turku.

What do you eat when training and competition are not top of mind?

Porridge with peanut butter and honey. And a lot of bread.

How much sleep do you get?

Way too little. 🧐

” See you at the competitions and keep the flag flying high!”

- Samu -





On the left, Toivo Knuuti and Eero Koponen after the orienteering race at the Urheilupuisto. On the right, the first winter training sessions in Ispoinen led by the chairman.

Juniors keep their headlamps on

The juniors train weekly, regardless of the weather, for an hour and a half on Wednesdays. First, they do 45 minutes of parkour as a warm-up, and then orienteering. September and May are surprisingly the most pleasant times, but the boys are still on fire and have been for the fourth winter in a row.

Six ultra-oldblacks in the southern camp

Six pensioner-orienteers took part in the 3-day southern camp in Kemiö. The group ran hard day and night on the flat observation tower hill of Fagerkulla, the rocks of Tolvsnäs and the more familiar open cliffs of Sandö in snow-free but even wetter terrain.



Tippi (left), Rale, Häiskä, Marko, Hantta and Simo.