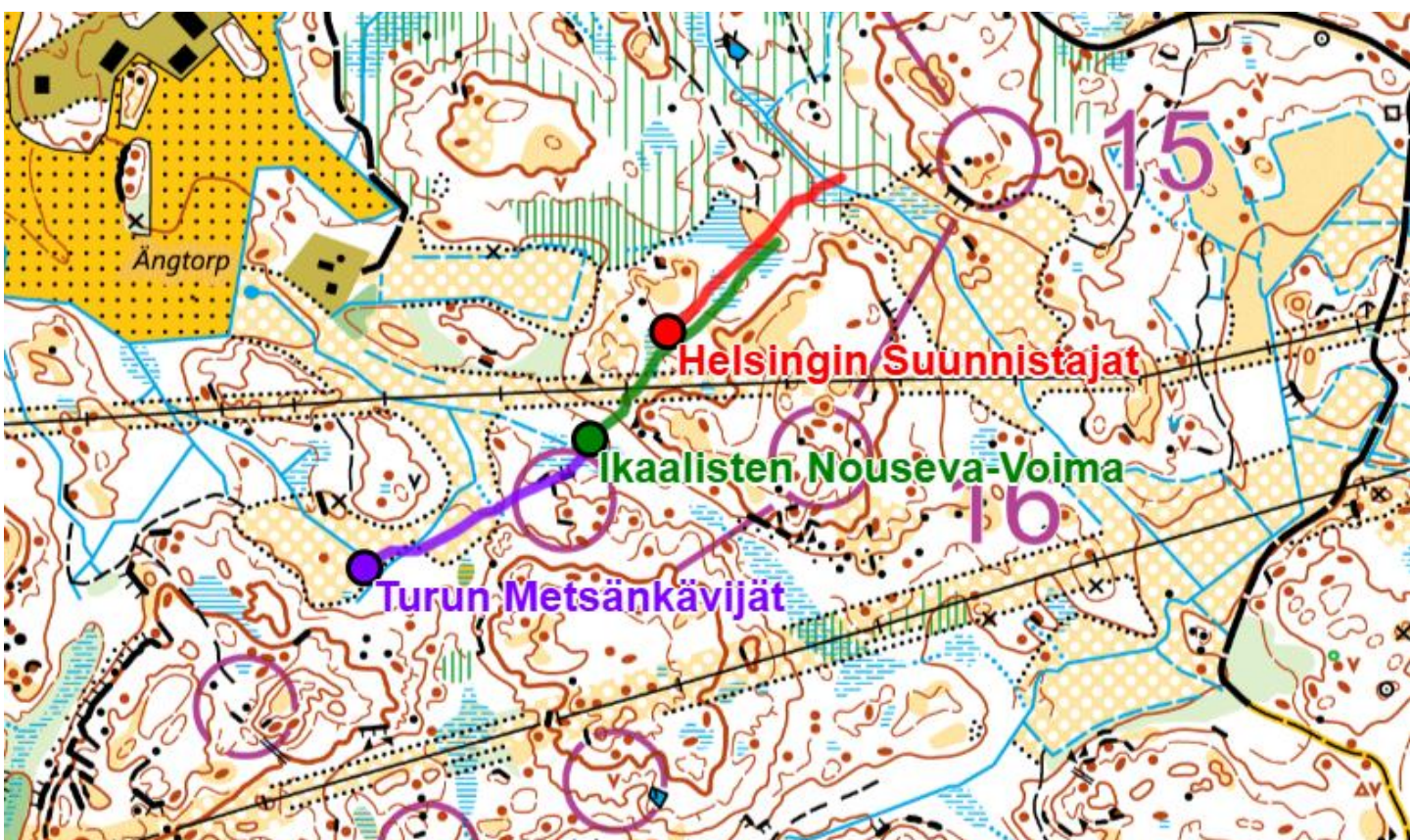




Suunnistus- MÄNKIJÄ 4 2025



The best Finnish team in the season opener

TuMe was tenth in the season opener and the first competition of the Swedish league, Måsenstafetten. Ikaalinen and HS were in the next places. Stora Tuna won the four-man relay. Edu, Samu, Russe and Johan ran in our team.

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. Address is kari.vainio@tume.fi.

Photos from Måsenstafetten



Johan, Samu, Russe. Right Edu, Bottom left Johan and right Samu.





Uldis and Yannick got a double win from POM, manager surprises with M50 win

Uldis and Yannick got a double win the Portugal O-Meeting. The boys also won the WRE races that were part of the week.

However, the most media attention was received by manager Suntila's victory in the M50 series.

POM was run in southern Portugal in the Algarve at the turn of February-March. The race week was the first part of the spring southern camp. In addition to the winners, POM team included Riku, Sale, Edgars, Slaikku, Axel, Fisú, Hatman, Scotia, Larry, Danny and Taini.

Illnesses overshadowed the camp. Samu had fallen ill earlier in Spain and after a few nights of evacuation in Portugal, he returned home. Johan also had to miss POM due to illness and only joined the team in northern Portugal. Scotia, on the other hand, returned directly to POM after a five-week illness and only took part in the races as light training.

Of the Turku seniors, POM had Rale. Illness also canceled Eija's and Hannu's trip.

After the POM, the band moved to the more technical terrain of northern Portugal in the middle of the rain. In addition to manager Sundman and coach Taini, Fisú, Hatman, Uldis, Riku, Sale, Axel, Larry, Danny, Johan and Russe were also there.



TuMe, 100 years of scouting

The scouting activities of TuMe began on April 4, 1925. The anniversary was celebrated in many ways last week.



President Mikko was awarded the TuMe's Golden Badge of Merit for his long career in scouting and orienteering at the Scouts' celebration meeting. Several other orienteering club members have also been awarded the association's badge of merit on the anniversary day. They will be announced and handed out in connection with the celebration competitions in September.



During the celebrations, 43 old scout brothers were honored with pine wreaths. Häiskä in the middle with the Turku Hero's Cross and Skärde on the far right.

Orienteers spotted at the main event



On the left, Pepsi, the legendary långa natten-runner of the 1980s. Next to him Tappi, Anz, Juha ja Simo.



From left Hannu, Masa, Patu, Tippi and Antti, on right Max and Hisci.



Prime Minister Petteri Orpo brought the greetings of the government. On the right is the building where TuMe was founded 100 years ago.

Introducing Lari Takanen



I enjoy competing man against man

Name, age, profession and place of residence?

Lari Takanen, 29 years old, almost 30 years old, exercise physiologist, Hamina.

Your own orienteering goals for 2025 and beyond?

Big relays and of course next year the “home Jukola” in Kotka.

What do you expect from Tiomila and Jukola in 2025?

Good performances from the whole group and I hope it brings success too!

What attracted you to TuMe, what was your first impression?

A high-quality relay team, with which I can develop into a better relay orienteer myself. My first impression has been excellent. The work is exactly as high-quality as I imagined it would be!

What is your best performance so far/what are your best memories?

The best performance is certainly from Louna-Jukola, where as a junior I had a bit of a "pulling of the veins" and a top 5 split time. At the same time, VeVe's team ran for the first time in the Jukola awards ceremony.



Orienteering or trail running?

My personal goals are clearly in the direction of trail running and mountain running. However, relay orienteering still motivates me a lot, and I enjoy competing one-on-one and as a team.

Your favorite terrain?

Someone as fast as possible. The canvases of Kainuu or some fast open rocky terrain, if you exclude the urban environment.

What do you think of Turku?

Having lived in Turku for four years, I have fond memories of the city and its people.



Lari at his the first Kemiö camp in November with Uldis and Coach.

What training tip would you give to your club mates who are aiming for Jukola teams 4-7?

It's still easy to get into "jukola fitness". Good basic fitness goes a long way. However, you shouldn't make the classic mistake of training at too high pace. It's also worth remembering that moving off-road is always harder on the body than moving on the street. You shouldn't be greedy, this will save you from extra fatigue and unnecessary ankle twisting.

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

I always eat the same way. Basic food a couple of times a day. Probably the bigger "problem" is getting enough energy, so I eat treats in addition to my normal food, whether I have a race or not. Especially all baked goods, such as buns and doughnuts, are consumed quite a lot. Fresh cinnamon buns are the best.

How do you prevent the flu?

Good hand hygiene and avoiding large crowds have been quite effective in recent years.

How much sleep do you get?

I do aim for 8-9 hours of sleep, but it's within that 8-9 h +/-1 h range.

Good luck to everyone for the upcoming orienteering summer!

- Lari -