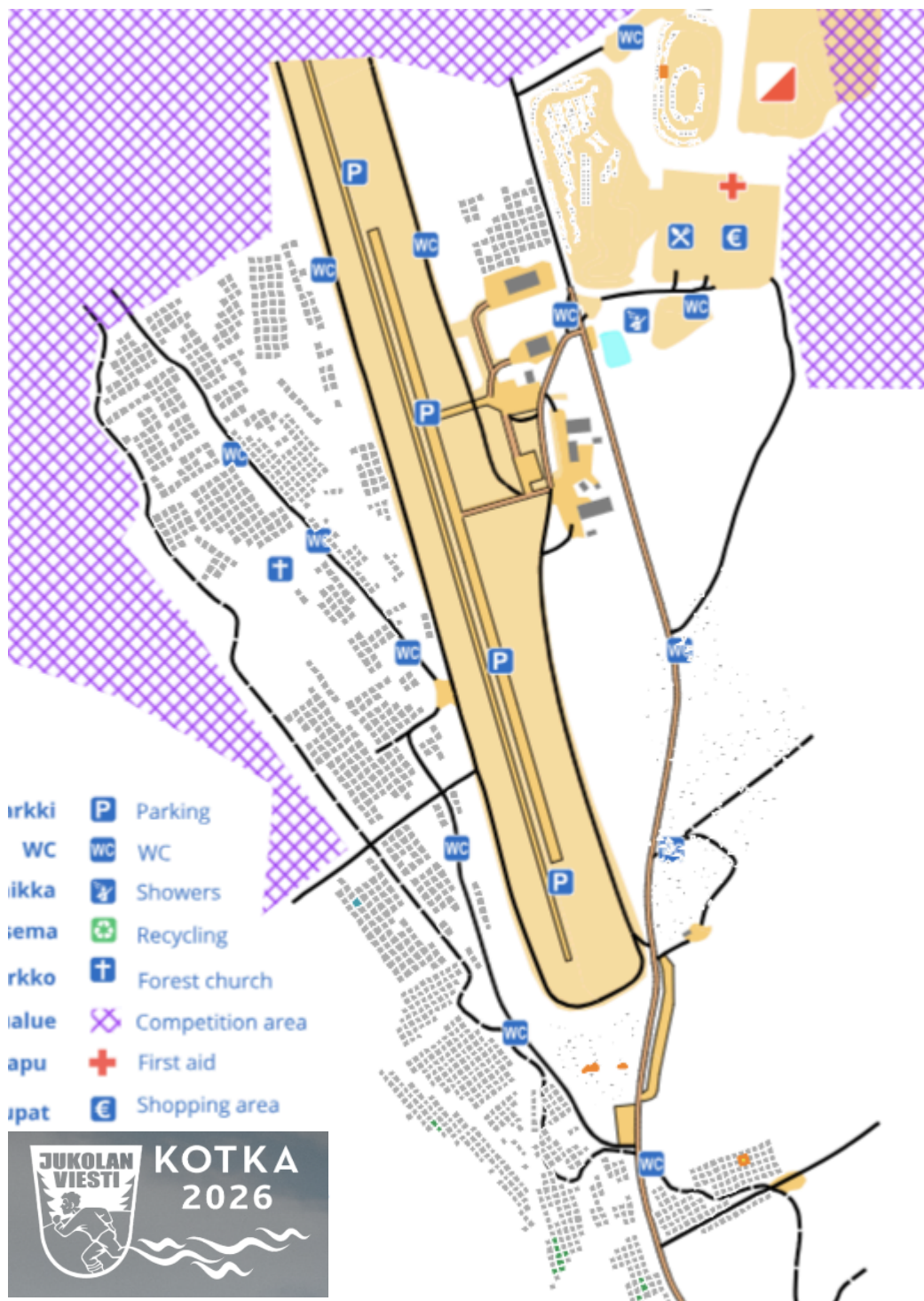


# BULLETIN FOR SNÄTTRINGE SK



# Venla and Jukola 2026



# General information

Venla and Jukola 2026 take place at Kymi airport, which is on the way from Helsinki to the Russian border.

Our main coaches during the race are;

- Elin Svensson, +46730980873
- Daniel Ågren, +46735100797
- Anders Bergmark, +46704263195

Other important club representatives:

- Kristina Tedhamre +46702042670 – team lineups, Venla
- Simon Hector +46769392139 – team lineups, Jukola
- Jesper Lidmar +46709900661 – pre-camp, team material pick-up
- Nadja Dahlström +46704590623 – tickets and team registrant

## Resources for information

Rules for Viking Line: <https://www.vikingline.se/min-bokning/bra-att-veta/ordningsregler/>

Rules for Tallink Silja: <https://www.tallink.com/sv/bra-att-veta/sakerhet-och-trygghet>

General information about the competition: <https://jukola.com/2026/en/info/>

Competition instructions: <https://jukola.com/2026/en/competition-instructions/>

Old maps: <https://jukola.com/2026/en/competitors/#terrain-and-old-competition-maps>

Flavio's example courses: [link](#)

Broadcast from Esi-Jukola 2025: <https://www.youtube.com/watch?v=U93DuWpPUFs>

The Jukola app can be downloaded from App Store or Google Play. Create a personal account, add Snättringe SK as your club, and our teams will be preselected for results.

The Messenger group "Jukola/Venla SSK 2026" will be used for communication.

## Travelling

### Travel to Finland

Breakfast is included on the way to Finland for everyone travelling with the club (but no dinner).

### **Wednesday June 10th Silja Symphony to Helsinki from Värtahamnen**

The pre-camp team will travel to Helsinki with Silja Symphony on Wednesday from Värtahamnen.

One of you must go into the terminal and get the tickets, before you go to the car entrance. You can get the tickets from the counter next to the group check in.

14.00–15.15 The tickets must be collected  
15.30 All the vehicles must have done the check in.  
16:30 Departure from Värtahamnen  
Saturday, June 13th (Finnish times)  
07:30-10 Breakfast  
10:30 Arrival at Helsinki

You can see who is sharing the cabins on the list below. It is the same as the order of the names. Four in each cabin.

Thea Gelius  
Elsa Lundqvist  
Lucia Parga Basanta  
Tess Rylander

Chloé Haberkorn  
Oliviér Blanc Tranchant  
Simon Hector  
Jekabs Janovs

Flavio Poltéra  
Thomas Laraia  
Sahar Eshel  
Yoav Shalev

Fredric Johansson  
Mattias Kallhauge  
Jesper Lidmar

See the precamp bulletin for more information about travelling to the precamp.

## **Friday June 12th Silja Symphony to Helsinki**

Meet Anders Bergmark at the Tallink Silja terminal at Värtahamnen at **15:00** to get your tickets.

16:30 Departure from Värtahamnen  
Saturday, June 13th (Finnish times)  
07:30-10 Breakfast  
10:30 Arrival at Helsinki  
11:00 Bus departure from Helsinki  
12:45-13:30 Arrival at the arena

You can see who is sharing the cabins on the list below. It is the same as the order of the names. Four in each cabin.

Vanja Remén  
Ylva Remén  
Kristina Tedhamre  
Mira Vejedal

Sixten Eneqvist  
Ted Eneqvist  
Tobias Karlsson  
Fredrik Boström

Anders Bergmark  
Isak Wimmer  
Hugo Abel  
Algot Sjöstrand

Anders Hedman  
Noel Hedman  
Elia Gartmann  
John Wolgast

Isak Gelius  
Brais Pineiro  
Ludvig Lange  
Oscar Wångberg Aneland

Johan Lidmar  
Johan Stenström

## **Friday June 12th Viking Glory to Åbo from Stadsgården**

Meet Nadja Dahlström at the Viking Line terminal at Stadsgården at **18.45** to get your tickets

20:00 Departure from Stadsgården

Saturday, June 13th (Finnish times)

Breakfast 06.00-07.00

07:35, June 13th, Arrival at Åbo

08:00 Bus departure from Åbo

11:30 Arrival at the arena

You can see who is sharing the cabins on the list below. It is the same as the order of the names. Four in each cabin.

Gittan Gelius  
Molly Gelius

Alva Lidström Lauri  
Hedda Tunblad

Anna Tedhamre  
Moa Wijkmark  
Anna Wolgast  
Elin Svensson

Nadja Dahlström  
Daniel Ågren  
Truls Ågren

## **Self-organized travel to Finland**

Ernest Pou Bruns  
Joschi Schmid  
Emma Lähdekorpi

## **Travel back to Sweden**

Food is not included, but some have booked the buffé. The ones that have booked the buffé, will get a ticket to the buffé together with the ferry ticket. The dinner is at 16.45. Those under 18 need to go together with a coach, parent, or supervisor.

## **Sunday Silja Serenade to Värtahamnen**

Sunday, June 14th

13:30 - The buses leave the arena

16:45 - Departure from Helsinki

Monday, June 15th

05:00 (Finnish time) - Sweden-Tunisia on TV at the New York club & lounge

10:00 (Swedish time) - Arrival at Värtahamnen

You can see who is sharing the cabins on the list below. It is the same as the order of the names. Four in each cabin.

Thea Gelius  
Gittan Gelius  
Anna Tedhamre  
Tess Rylander

Kristina Tedhamre  
Chloé Haberkorn  
Hedda Tunblad  
Mira Vejedal

Elsa Lundqvist

Lucia Parga Basanta  
Vanja Remén  
Ylva Remén

Moa Wijkmark  
Anna Wolgast  
Molly Gelius  
Alva Lidström Lauri

Nadja Dahlström  
Elin Svensson  
Algot Sjöstrand  
Hugo Abel

Sixten Eneqvist  
Ted Eneqvist  
Daniel Ågren  
Truls Ågren

Anders Bergmark  
Isak Wimmer  
Anders Hedman  
Noel Hedman

Oliviér Blanc Tranchant  
Jekabs Janovs  
Simon Hector  
Jesper Lidmar

Brais Pineiro  
Ernest Pou Bruns  
Mattias Kallhauge  
John Wolgast

Flavio Poltéra  
Elia Gartmann  
Oscar Wångberg Aneland  
Isak Gelius

Sahar Eshel  
Tobias Karlsson  
Ludvig Lange  
Yoav Shalev

Fredrik Boström  
Fredric Johansson  
Johan Lidmar  
Johan Stenström

## Self-organized travel from Finland

Emma Lähdekorpi

Joschi Schmid

Thomas Laraia

## Pre-camp

Some runners are participating in a pre-camp and they will spend two days training in the terrain. Hopefully, they will share their experiences with the other runners to prepare everyone as much as possible. The pre-camp team will also set up our wind shelter and pick up the team material for Snättringe SK. See the pre-camp bulletin for more information for those of you participating.

## Jukola Meeting

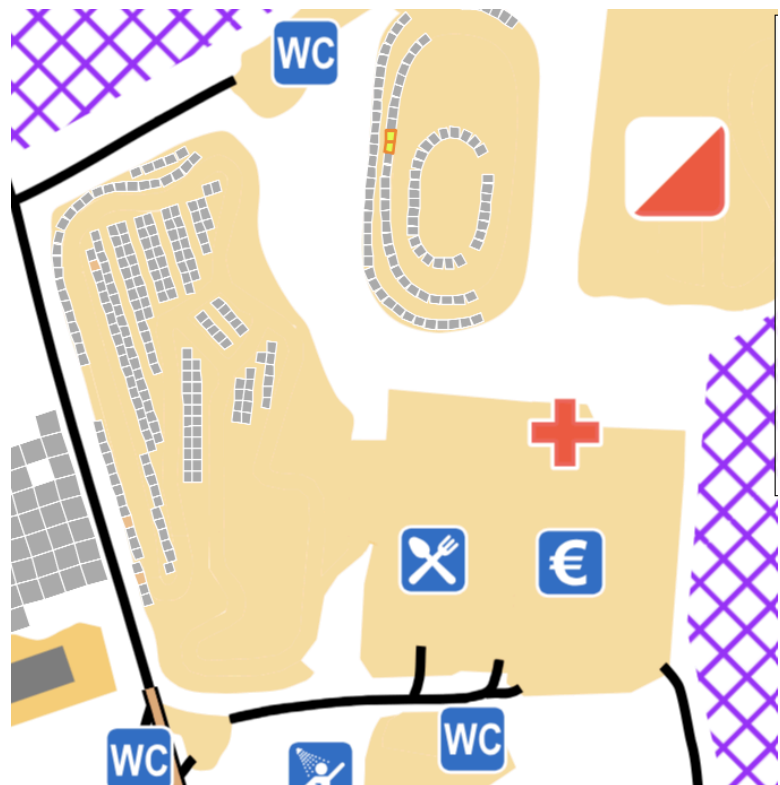
There is a Jukola online meeting on Thursday evening at 20:30 Swedish time (21:30 Finnish time), where we talk about the terrain and what to expect in the race. Link to the meeting: <https://uu-se.zoom.us/j/66775475139>

## The competition

Snättringe has 4 Venla teams and 4 Jukola teams. The teams are presented on our homepage, and that is also where you find updates to the teams if necessary. Remember to check the lineup since changes are likely to happen up to the time for departure.

All information about the competition can be found on the Jukola webpage or using the Jukola app. You all need to prepare by reading the competition instructions and you can also study some old maps over the area. You find the documents in the section "Resources for information".

We have a wind shelter at the arena; **plot 49 and 50**. Number bibs and punching cards will be distributed here and all runners are expected to report well ahead of the run. Please note that Venla and Jukola are using emit punching cards. We have a mixture of private and club cards. The cards need to be returned to



coaches directly after runs as they are reused through the competition.

Snättringe guiding principles for relays:

- We do as good as we can
- The team is the star - try to stay safe and minimize big mistakes
- We help each other to keep the spirit
- We make sure you get the right map at the change-over
- For each leg – we make a plan and stick to it
- We double-check control codes

## Expected starting times

The schemes below present expected starting times. This is only an approximation with the purpose of giving guidance. The runners need to keep track of the team, check times versus expectation and recalculate expected starting times.

### Venla

Leg	Lead	Team 1: 78	Team 2: 132	Team 3: 296	Team 4: 394
1	13:30	13:30	13:30	13:30	13:30
2	14:19	14:24	14:32	14:40	15:19
3	15:23	15:46	16:04	16:22	17:42
4	16:00	16:35	16:59	17:23	19:07

Reporting routines: Report to the coach at the wind shelter (Elin) in good time for the leg.

### Jukola

Leg	Lead	Team 1: 43	Team 2: 179	Team 3: 313	Team 4: 1334
1	23:00	23:00	23:00	23:00	23:00
2	00:12	00:18	00:31	00:44	00:57
3	01:14	01:25	01:49	02:19	02:43
4	02:36	02:46	03:33	04:25	05:04
5	03:16	03:32	04:26	05:25	06:11
6	03:58	04:24	05:26	06:33	07:27
7	05:00	05:41	06:54	08:13	09:19

Reporting routines:

First leg:

- Report to the coach at the wind shelter (Daniel) in good time for the leg.

Later legs:

- Inform Elin (0730-980873) about sleeping/resting procedures and a wake-up time.
- Text the wind shelter phone (sms or WhatsApp) at your wake-up time **0733-839501**.
- Report to the coach at the wind shelter (Daniel or Elin) in good time for the leg.

## Responsibilities before, during and after the race

There are quite a number of tasks to perform in connection with Jukola. Most of you will be asked to help out with some of these tasks.

### Coaching schedule from 12:15 to 02:00:

Time	Coach at the wind shelter	Coach at the change over	Assistant coach	Assistant coach
12:15	Elin	Daniel		
13:30	Elin	Daniel	Ylva	Leg 5, men's team 4
15:00	Elin	Daniel	Gittan	Leg 6, men's team 3
16:30	Elin	Daniel	Leg 7, men's team 2	Leg 6, men's team 4
18:00	Elin	Daniel	Leg 7, men's team 4	Leg 7, men's team 3
19:30	Elin	-	-	-
20:00	Daniel	-	-	-
21:30	Daniel	-	Anders B	-
23:45	Daniel	Mira	Hedda T	Vanja
01:00	Daniel	Moa	Anna T	Elsa

### Coaching schedule from 02:00:

Elin will take over at the wind shelter at 03:00.

The runners in the men's teams will start **helping out with the coaching after running**. When you finish the race: hand over the emit card, shower (go for a jog, go to the sauna, eat), and then report back to the wind shelter to help out with coaching. It is important that you show up - your team mates need you to support them! We have a tentative schedule, but since running order and running times might change, we will adjust the schedule to spread out the work as much as possible.

Aim to be at the wind shelter 1.5 - 2 hours after finishing your race (but earlier or later works as well) and be prepared to coach for up to two hours. The three jobs are: be next to the change over area and report the status of our teams to our runners; help out next to the change over if needed; and solve problems that may appear at the wind shelter (if someone must be woken). For most of this you can sit down, rest and eat while helping out.

### Other tasks:

The people in the list are responsible, but we all help out if we can. A very important task is not listed: cheering on our teams - remember to do that!

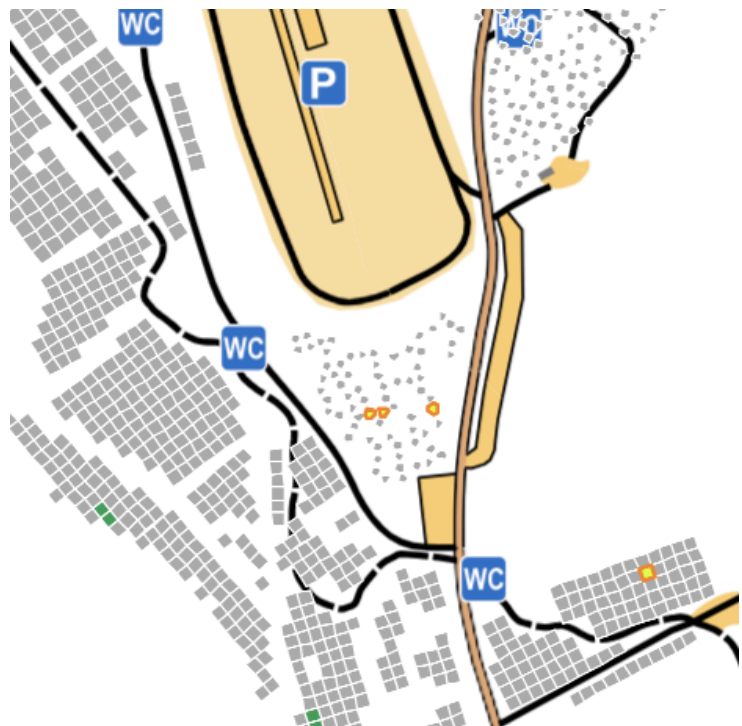
In Finland, before the race	
Put up the wind shelter	Precamp team
Pick up the team information	Jesper

Prepare number bibs	Thea, Tess
<b>After the race</b>	
Clean the house	Pre-camp team
Empty and clean up at the military tents	Molly, Alva, Kristina
Take down the wind shelter	Johan L, Fredric B, Ted, Vanja
Pack the SSK material	Anna
Load the wind shelter and the SSK material in a car	Pre-camp team
Pick up the maps	Nadja
Youth responsibility on the ferry home	Ted, Anders H, Martin, Anders B, Daniel, Elin
Return things and dry the wind shelter	Anna, Lucia, Sahar

## Sleeping

The night Saturday to Sunday most people will sleep in military tents at the tent areas at the arena. They have numbers H425, H426 and H427. We also have a place to put up our own tent if someone wants to bring their own. That plot has the number I30. If you plan to bring your own tent, you can write a message in the Messenger group.

Parts of the precamp team will sleep at the houses they stay in. The houses are 30 minutes from the arena and the transport will be the bottle-neck that determines who can stay at the house. See information about the precamp.



The wind shelter can be used for resting and it is also possible to rest outdoors by the big screen

## Eating

The only food included in the trip is breakfast on the boat to Finland, so at the arena everyone is responsible for buying their own food. There are many different options (but it can be small portions): see the Jukola webpage or the Jukola app.

There will be some snacks and drinks (bring a mug) in the wind shelter, but no hot drinks (all kinds of fire are forbidden). Drinking water can be found at the arena and at the tents.

## Bring and prepare

- Passport or a national ID-card (if you are from the Schengen area)
- Sleeping bag and mattress
- Prepare a schedule for eating and sleeping/resting
- Night lamp for night runners plus spare lamp
- A few cash Euros if there are payment problems at the arena
- A certificate for boat entry is needed for those below 18 travelling without a parent, see the instructions in the email sent to you.

## If you get sick or injured

We hope that everyone will stay healthy. But if you have any symptoms, you should not travel. Please contact the UK (Simon or Kristina) as soon as possible. Others could be interested and we want to use each available boat ticket.

## Costs

An invoice for the participation fee (as specified in the invitation) and the buffé dinner (if booked) will be sent after the competition. Pre-camp travelers will also share the cost for food at the pre-camp.

## Guidelines for the Jukola trip

As always, we follow the guidelines for Snättringe SK (<https://snattringesk.se/riktlinjer>). That means, for example, that we

- Have fun and support each other
- Wear the SSK dress at competitions
- Are good ambassadors for Snättringe SK
- Make sure that all youths are safe during the trip

We have a no alcohol policy at the competition, on the bus and at the terminal. For those of you that are under 18, the no alcohol policy naturally applies during all the trip. On this trip, we have 10 youths below the age of 18, 4 of them without a parent, and we are all role models for them. Buying alcohol for a minor is a crime.

The rules for the ferry can be found in the section "Resources for information".