

## BULLETIN 2

# Venla and Jukola 2022



TOPP  
**23**  
2023



**Lukkari**  
**JUKOLA 2022**  
MYNÄMÄESSÄ

## Teams

We have 2 teams in Venla and 3 teams in Jukola.

The teams are presented at [www.snattringesk.se](http://www.snattringesk.se) . Please be aware that changes are likely to happen.

The race bulletin is found here;

[Lukkari-Jukola 2022 - Seuraava rasti Lukkari-Jukola – 18. – 19.6.2022 Mynämäessä](#)

## Covid

All travelers must be able to show a valid EU Digital Covid certificate! Please check validity, they do expire. The alternative is to bring a certificate of negative PCR test, max 72 hours old.

## Travel to Finland

### The Thursday 16/6 team

Car Hector:

- Flavio – driver
- Simon
- Brais
- Jesper
- John

Car Gelius:

- Jonny – driver
- Maria
- Frida
- Kristina
- Ludvig M

The cars meet by the Siljanterminal at 18.00. The Jonny-car will need to be earlier to pick up tickets. The boat leaves 19.30. The drivers plan with the respective teams to assure to be on time. Jonny will distribute tickets.

The boat trip includes cabin and breakfast in the early morning. The breakfast is restricted to 5.30-06.45 (Finnish time). The boat arrives at Åbo at 07.00, local time.

### The Friday 17/6 team

We meet at Siljanterminalen 18.30. A good way to get there is to use the subway to station Gärdet. Jörgen will have the tickets and distribute them to travelers. The boat leaves 19.30, the gates close at 19.10.

The boat trip includes cabin and breakfast in the early morning. Cabin distribution as per below. The breakfast time for SSK is restricted to 6.00-6.30 (Finnish time). The boat arrives at Åbo at 07.00, local time.

On arrival to Åbo, buses leave from outside the terminal building. We are travelling with buses labelled "Lalles" and we will be given tickets with precise bus number. Jörgen will coordinate. The buses will leave the terminal at 7.30 local time. The bus takes us to the arena, a trip of about one hour.

## Travel to Sweden

We keep to same travel alternatives as on the way to Finland. The drivers assure car travelers arrive safely to the boat and to Huddinge.

Buses from arena leave at 13.00 or 14.30 according to a not-yet known schedule and from a location at the arena to be presented later. Buses will leave passengers by the boat, leaving some time to explore Åbo prior to entering the boat.

The boat will depart towards Stockholm at 20.15 local time. Jörgen will get the tickets on arrival to Åbo and distribute them. We will arrive to Stockholm on Monday morning at 6.10 Swedish time and each person is responsible for her further transport.

Distribution of cabins according to schedule below.

## Lodging

We have a house, a cottage and a large military tent at the arena.

The house is located at Alatie 1, 23100 Mynämäki (<https://goo.gl/maps/Xjm3ouimNhU8SVxL7>) and has room for four-five persons to sleep in beds and some space on the floor. The walking distance to the arena is 2,5 km while the car route is 4 km. We also have access to four more beds in a cottage another 2-3 km away; Munatanhuanatie 131, 23100 Mynämäki (<https://goo.gl/maps/2N4z3Zh5kEYPb2w38>).

The tent on the arena caters for approximately 16 persons.

The Thursday team will use the house and the cottage for the night Friday-Saturday. Bedsheets are provided.

Venla runners will after Venla rest and sleep in the military tent.

Jukola leg 1-2 runners can rest in the house before the race and sleep in the military tent after the race. Jukola leg 3-7 runners expecting to avoid the mass start sleep in the house prior to the race. After the race they can either sleep in the tent or go back to the house. Jukola runners expected to do mass start sleep in the cottage.

First team Jukola runners have priority for the beds, others bring mattress and sleepingbag for the floor.

We have access to three cars and four bicycles during the races. The cars will be used for transport between the house and the cottage. The bikes are supposed to be used by coaches and a few runners. Most runners will need to walk from the house to the arena.

Runners during night will need to set their own alarm and wake up by themselves. Once up and awake, they all need to confirm to coaches that they are awake.

The house and the cottage are to be cleaned. The persons sleeping in the cottage clean the place in the morning. Brais, Jesper, Maria, Frida and Ludde M clean the house. Nadja is responsible.

## Summary of travel and sleeping

Note that below is subject to change. In case the teams are changing, sleeping plan and extra duty may change.

	Going to Finland	Cabin	Sleeps Saturday	Extra duty	Going from Finland	Cabin
Maria	Car	1	Tent	Clean house, kitchen	Car	1
Kristina	Car	1	Tent		Own	
Frida	Car	2	Tent	Clean house, kitchen	Car	1
Anni	Boat	4	House (floor) + tent		Boat	1
Carolina	Boat	4	Tent	Clean SSK arena	Boat	1
Marie-Helen	Boat	5	Tent	Clean SSK arena	Boat	2
Elisabeth	Boat	4	Coach		Boat	3
Nadja	Own		Cottage (bed)	Responsible cleaning	Own	
Sofia	Boat	5	Tent	Clean SSK arena	Boat	2
Lucia	Boat	4	Cottage (bed)	Clean cottage	Own	
Alva	Boat	5	Tent	Clean SSK arena	Boat	2
Elin	Boat	5	Tent		Boat	2
Jonny	Car	2	Coach		Car	3
Johan L	Boat	6	Cottage (bed)	Clean cottage	Boat	4
Joel	Boat	7	House (floor)		Boat	3
Oskar F	Boat	6	Cottage (bed)		Boat	4
Jörgen	Boat	8	House (floor) + tent		Boat	3
Simon	Car	2	House (bed)		Own	
Fredrik J	Boat	7	House (floor)		Boat	6
Mattias K	Boat	7	House (floor) + tent		Boat	6
Bo	Boat	7	House (floor)		Boat	7
Jesper	Car	3	House (floor) + tent	Clean house	Car	5
Brais	Car	3	House (floor) + tent	Clean house	Car	5
Flavio	Car	3	House (bed)		Car	5
John	Car	2	Cottage (bed)	Clean cottage	Car	7
David	Boat	8	House (floor) + tent		Boat	7

Isak	Boat	8	House (bed)		Boat	4
Fredrik M	Boat	9	Unclear		Boat	6
Ludvig M	Car	3	House (bed)	Clean house	Car	6
Patrik	Boat	6	House (floor)		Boat	7
Martin	Boat	6	House (floor)		Boat	8
Ludvig L	Boat	8	House (bed)		Boat	4
Tobias	Own		Unclear		Boat	5

## Eat

Car travellers are self-dependending for Thursday evening at the boat and are advised to bring a dinner box. Friday breakfast is served at the boat. The team will cook together for Friday lunch and dinner.

Friday travellers are self-dependending for Friday evening at the boat and are advised to bring a dinner box. Saturday breakfast is served at the boat.

We are all self-dependending for Saturday eating. Food is available at the arena and we also have access to kitchen in the house. Please make your own food plan and assure to eat properly before and after the race. Do not forget to plan also for snacks. There are two shops in the village, one of them open the full night.

We will have snacks at the arena; coffee, bread, blueberry soup, yoghurt etc. This is mainly meant as snack before the race and for recovery to runners.

Sunday dinner will be served on the boat (Smörgåsbord), served 20.15 sharp. The ticket is valid also for the food.

## Communication

Main communication method is the Messenger group created for the purpose. Please make sure to check regularly to get additional information, for example changes of times or location of tent.

Coaches will also ask for mobile numbers for communication about the races.

## Equipment

- ID card or passport
- EU digital Covid certificate (If you prefer paper copy: check rules)
- If you have: Emit card (please tell Jonny or Elisabeth that you are bringing)
- Race clothes (new club shirt) and equipment
- Extra compass
- Extra lamp (if you have a night leg)
- Warm clothes
- Sleeping mattress and sleeping bag (except for persons sleeping in bed in either cottage or house)
- Food according to your own eating plan plus snacks
- Euro cash or card

# The race

## General ideas

The small coach tent will be placed at the arena. The precise position will be communicated.

The SSK center (number bibs, snacks, hang-around etc.) will be either at the military tent or at the small coach tent.

Old map can be found here: <https://jukola.com/2022/sv/deltagare/vanha-kartta-2010/>

Read through the instructions: <https://jukola.com/2022/en/competitors/competition-instructions/>

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
- For each leg - make a plan and stick to it
- We help each other to keep the spirit
- Make sure you get the right map at the change-over

## Competition Map and Control Descriptions

The competition map is in the scale of 1:10 000, with a contour interval of 5 meters, description ISOM2017. Mapped in 2019-2022 by Ari Salonen. The size of the map is about A3. The map is enclosed in a plastic cover. The control descriptions are printed on the map. The control codes are also printed next to the control numbers.

## Terrain

The competition area of Lukkari-Jukola consists of a varied terrain, where fast and partly very detailed rocky hills alternate with more covered areas of forest. There are steep rocky areas and fields of jagged rocks that require precision and good map reading. There are also quite many smaller rocks in the area. The terrain is spotted with multiple small fields, logging areas of different ages, thickets, old areas for digging gravel, and forbidden areas. The terrain also contains protected areas. The terrain is easy to run on, apart from the marked route to the starting point, where one really should watch his/her steps. Right before the starting point the route is rocky and uneven. It is worth running carefully, to prevent the competition from ending already before the starting point! The terrain consists mainly of a forest that is a very popular outdoor recreation area for locals, which means that there are multiple and various paths that are partly used also by the multiple deer and elks in the area. If the paths have been created only by the animals, they have not been marked into the map. Some of the paths can be rocky or show the roots of the trees. The map does not show all of the paths that have been created by mountain bikers either. The competitors need to remember that the road that runs through the competition area may not be used as a route or even crossed in places, where the road has been marked as a forbidden area with a route-coloured grid/raster and a solid line. The road has surveillance.

For the most part the terrain is fairly flat, while the height differences vary on different terrain areas and rocky hills. All areas of the map have been used in the course setting, despite the differences of different areas of the terrain. Though the running speed will be fast in both relays, the competitors need to remember that high speed can add to the number of mistakes! The course setters have

aimed at surprise and unpredictability when choosing the control points, so that precise orienteering and route choices will be important.

**Last controls**



120					
333					

Control point 120: A fence, southern end  
Control point 333: Special feature X / logo of Jukola, western side

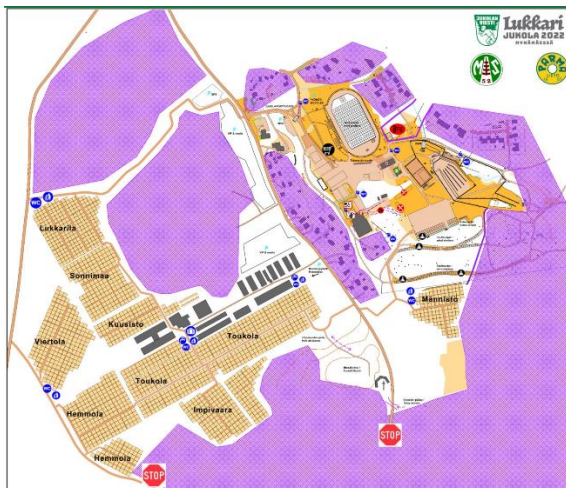
**REMEMBER TO CHECK THE CODE!**

Control point 120: In Venla relay on legs 2 and 3  
In Jukola relay on legs 2, 4 and 6

Control point 333: In Venla relay on legs 1 and 4  
In Jukola relay on legs 1, 3, 5 and 7

Change-over

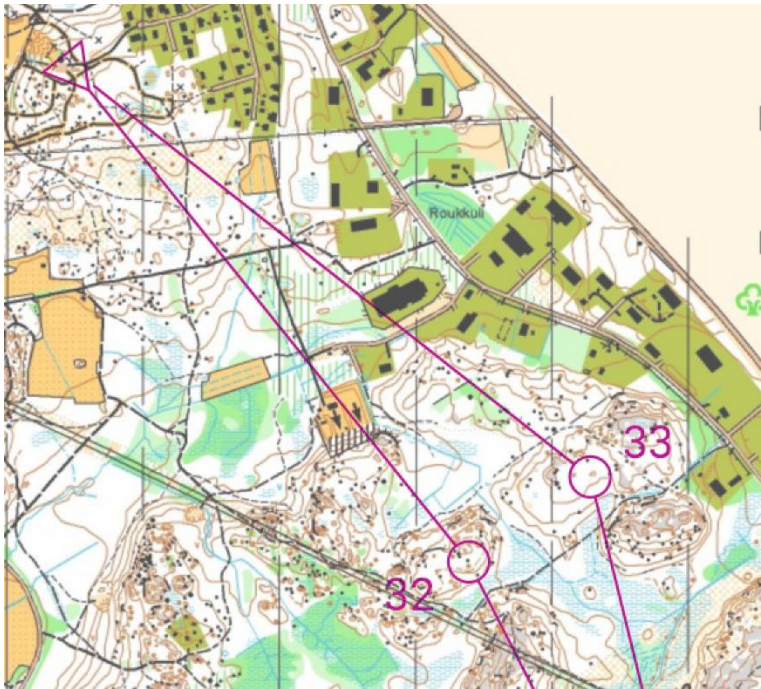
NB! To unfasten the map, pull it upwards from the stand. Any other action may result in breaking the map bag.



### Stefan analysis.

The terrain looks really fast and there are a lot of tracks in the start and the end. First forking is always crucial. In Jukola/Venla it is usually triple forked to the first control, sometimes double and quite often quadruple. It is always forked and usually quite long first control legs. Venla, typically 600-1000 meters, Jukola typically 1400-2000 meters. This year I would guess on this kind of start:





Tricky nice must-use terrain in the west. NB, 2.5 meter contour so it is not that steep



## Costs

500 SEK for up to 26 years and 1000 SEK for 26+. Travelers going only one way pay half the cost.

## Behaviour

We represent Snättringe SK during the full trip. This means that we act responsible and with respect to others. We cheer for each other, and we dress in Snättringe clothes.

The boat trip is no exception, we follow same rules as always when representing the club and we take care of each other.