

## TuMe 100 Sprint Orienteering – Course Setter's Statement

Welcome to Turun Metsänkävijät's sprint orienteering event. This event is part of the centenary celebrations of the Turku-based scout group Turun Metsänkävijät. TuMe has also been affiliated with the Finnish Orienteering Federation since 1962, meaning the club has a proud 63-year history in orienteering.

Originally envisioned as a sprint, this race was ultimately brought into the forest — true to the spirit of the *Metsänkävijät* ("Forest Explorers") name. The competition takes place in Nunnavuori, located in Turku's Impivaara area, which offers a wide variety of technical orienteering challenges. On the same weekend and from the same event center, an international Trail Orienteering competition will also be held.

The competition area is part of the Impivaara sports and recreation park — specifically its forested section, where a lit fitness trail is actively used year-round. The orienteering course takes place mainly inside the loops of this fitness trail, though the courses do cross it at several points.

One unique feature of this event is that the "forest sprint" will be run using a sprint map — drawn using sprint mapping techniques at a 1:3000 scale. The most detailed areas of Nunnavuori terrain are notoriously difficult to represent accurately on traditional forest orienteering maps, so this map — created by Juha Hiirsalmi — makes full use of the sprint mapping style to provide detailed and readable terrain. A real challenge for orienteers will be the speed at which the map's millimeters fly by. In this terrain, adjusting speed to match map reading is essential.

The competition area features three distinct terrain types:



Fast pine forest and open rock terrain, with many trails and the fitness path. Not all paths are mapped, as doing so would reduce map readability. There are very few dense or slow-running areas.



Sloped and rocky terrain, with many cliffs of varying size. In some places, cliffs appear in staircase-like formations along the hillsides. Elevation differences are noticeable, but not extreme or overly physically demanding. While open rock is present, it has not been specifically marked using open rock symbols. The terrain features rocky surfaces especially on hilltops and edges. The contour interval is 2 meters, with 1-meter form lines — worth

noting if you are accustomed to interpreting forest maps with 5-meter intervals. The slopes may appear steeper than they are due to the finer contour interval.



Boulder fields and stony ground, featuring some very large boulders. A notable feature is the Nunnavuori "devil's field" (pirunpelto) — a protected nature area and strictly out-of-bounds during the competition. Another unique aspect is the use of large individual boulder symbols to represent distinctly shaped erratic boulders. The mapper has carefully balanced the use of boulder symbols versus stony ground areas to

maintain clarity and accurate terrain depiction.

There is no urban structure included in this sprint event. Caution is advised especially in boulder areas and near cliffs — particularly if conditions are wet. In places, the ground vegetation is sparse and the terrain can resemble an uninterrupted trail surface. Only the most prominent paths are mapped. You may notice paths or tracks in the boulder or open rock areas that do not appear on the map — this is intentional, to prevent cluttering and to ensure essential terrain features like cliffs and ridgelines remain clear and distinguishable from trail markings.

Course lengths range from 1.5 to 3.1 km. The youngest and oldest age categories have physically easier courses that avoid the rocky areas. There are many control points, as is typical in urban sprints — remember to check control codes carefully. The terrain allows for diverse leg types, which is reflected in both the length and technical variety of the legs. Boulder areas are passable, but detour options are often available and may be wise. Expected winning times will likely exceed typical sprint standards. As always, smart route choices and pacing are key to success — perhaps even more so in this slightly unconventional sprint.

In regular sprints, runners often go full-speed from start to finish. This time, pure speed and good route choice won't be enough. As course setters, our advice is: You'll need precision in execution and the ability to hit the brakes at the right moments — or you'll find yourself re-accelerating from the twists of the fitness trail.

Welcome!