



# M24KC

# 19-20/5 2018

## INVITATION TO MALMÖ 24 HOUR KAYAK CHALLENGE

**Malmö Canoe Club invites you to 24-hour paddling for the 9th consecutive year!** The competition starts Saturday 19 May at 9.00 and continues on to Sunday morning at 9.00. The course consists of laps around the central Malmö channel and associated returns to and from the clubhouse.

**The rules are very simple and include;** you can paddle what you want - sea kayak, surf ski, racing kayak, SUP, outrigger, dragon boat - just use a paddle and compulsory life jacket. You count your own number of laps and we sum up the results at the finish line. There is only one class, but we separate the results on single and multi-person boats. No start fee!

**Everyone is welcome!** Whether you're just looking forward to expand your normal comfort zone a little or if you really want to break all boundaries, M24KC is the perfect opportunity. After paddling 60 km, you get a b/w patch, 120 km give you a silver and if you can reach 180 km, it becomes gold. In addition to eternal glory and honor of course!

**MKK clubhouse is open all weekend,** with access to dressing, shower and sauna, and there is the possibility of sleeping over in the gymnastic hall. Limited access to the kitchen but we usually provide food throughout the competition at self cost.

**More information, contact and registration on the website**  
[www.malmokanot.se/m24kc](http://www.malmokanot.se/m24kc)

