

CPA Paddler Profile

By Rick Wiebush

Name: Carrie Casto

Lives in: Bowie, Maryland

Real job: Unemployed – I have been cleaning out father-in-law's house to place it on the market; I don't know what I'll do next – when I grow up. Professionally, I am/was an elementary teacher.

Member of a Piracy? Yup, Pirates of Arundell

Paddling Buddies: Paul Casto

Number years paddling: 6 ½

How did you get involved in kayaking? Paul and I celebrated our 25th wedding anniversary in 2008. While people encouraged us to go on a cruise, it just wasn't what we wanted. We found an Inn-to-Inn paddle trip in Maine. I took a beginner class through Adventure Crafters (I don't listen to Paul very well). And we were hooked! We bought our first kayaks the next summer.

How did you learn to sea kayak? Adventure Crafters – Rob is a great instructor!

Any formal training or ACA/BCU certifications: No, I'm not interested!

Boat usually paddled: P&H/Cappella/16ft/red

Type paddle used: Greenland

Do you do any other type of paddling besides sea kayaking? Nope

Do you regularly do any other outdoor: I enjoy swimming and hope to get a ski trip in this winter.

How often (per week or month) do you paddle in summer? We try for at least a weekly paddle

Do any winter paddling? Not yet – I need more clothes!

Go to pool sessions? Yes, I occasionally go to Fairland.

Favorite local paddling location: Any creek – I love to gawk at the flora, fauna and homes!

Favorite non-local location: Rachel Carson Preserve (NC) – lots of dolphins!

Best paddling trip/experience ever and why: Our Maine trip – We had NO idea what we were doing, what to wear (we were severely underdressed), what to take (we were unprepared for mishaps – there weren't any), and we had a blast! It led us to something we enjoy doing together and to new people who have become great friends!

Scariest/most dangerous trip/experience and why: Paul and I paddled a 20 mile paddle from Harker's Island, NC to Cape Lookout to near the point. Then a portage (I hate portages) and a surf launch (new to me) back up the east side and another portage across (ugh) and paddle back to Harker's. It was a long and beautiful paddle (ponies etc.) but the conversations from the fishermen over the radio about the all the reds, tuna, and SHARK was a bit unnerving. The videos the next couple of days of the shark feeding frenzy helped me decide that I don't need to do that again!
<https://www.youtube.com/watch?v=liijqHmbBzq>

Bucket list trip: Lake Powell, AZ

Three things you like most about paddling? Being one with nature, peacefulness, comradery.

What do you like about CPA? It's a great way to learn new things while padding with great people.

One thing other people find interesting about you: I went to Delmarva Retreat (QajaqUSA) and built a skin-on-frame. I'm also a quilter.

