

## Paddler Profile

# Meet Gail Addis

**Lives in:** Baltimore, MD.

**Do you regularly attend a CPA Piracy?** Yes.

**Number of years paddling?** About 10.

**How did you get involved in sea kayaking?** Part of a project for a professional training I was attending.

**What boat(s) do you paddle?** Wilderness Systems Tempest 165.

**Rudder or skeg?** Skeg.

**Type of paddle used?** Greenland.

**Do you do any other paddling than sea kayaking?** No.

**Do you regularly do any other outdoor activities?** Hiking, swimming.

**How often do you paddle between May and October?** Two to three times per week.

**Do any winter paddling?** No.

**Favorite local paddling location?** Susquehanna by Starkk Moon in PA.

**Favorite CPA trip you've ever been on and why?** Most camping trips because I like the extended time outside.

**Coolest paddling trip you've ever been on anywhere and why?** So far - Maine – Great group of people, well organized, beautiful area and change of scenery. We hired a guide for part of the trip and everyone picked one thing they wanted to learn from the guide.

**Scariest/most dangerous paddling trip/incident and why?** At a training event while the instructor was working individually with a paddler, another paddler was on her side in her kayak as the instructor was helping the other person in the class.

The instructor and others in the group thought the paddler was practicing 'swimming' in her kayak, a technique where the kayaker is on their side in the kayak and using their paddle to 'swim' and move in the water. Although I have never seen this technique taught in any paddling class nor was I able to locate information on the technique on the internet, this is



what I had been informed it was called.

In actuality she was struggling as she had fallen over with her spray skirt intact and did not know how to get herself back up. Fortunately someone noticed in time and got her upright. This was a scary learning incident for everyone involved. Lesson learned – do not assume someone knows what they are doing. Even if you believe that they do, check that they are OK. Better safe than sorry.

**Bucket list trips?** Other countries and/or other states, not one place in specific place.

**Three things you like most about paddling?** Being outside, being active, people.

**What do you like about CPA?** Safety, knowledge about paddling, and trips in general.

**What other paddling clubs/groups do you belong to?** Various meetups.

**One unusual non-paddling thing we'd be surprised to know about you?** I met Bruce Springsteen at the 9:30 Club in D.C.