

Paddler Profile

Meet Lola Arjona

Name: Lola Arjona

Lives in: Silver Spring, Maryland.

Real job: Scientific Review Officer for Translational Oncology at National Institutes of Health.

Do you regularly attend a CPA Piracy? Pirates of Sugarloaf.

Number of years paddling? Two.

How did you get involved in sea kayaking? I used to do kayaking with my Girl Scout and Boy Scout troops but never had my own gear. I finally bought a kayak this spring, something I could handle the loading by myself. I met Laurie Collins a few years ago, so I contacted her and joined CPA. I have started in local lakes and rivers, and am looking forward to moving up to sea kayaking next summer, though I need a larger yak for that 😊!

What boat(s) do you paddle? I have an Eddyline Skylark (12 ft).

Rudder or skeg? None yet.

Type of paddle used? Werner Camano.

Do you do any other paddling than sea kayaking? Not yet.

Do you regularly do any other outdoor activities? I am an avid hiker and backpacker. I am section hiking the Appalachian Trail with some ladies in my hiking group (Trail Dames). I also got into running the last couple of years, both road and trail.

How often do you paddle between May and October? Once a week.

Do any winter paddling? Not yet.

Favorite local paddling location? Black Hills Parks and Patuxent River.



Favorite CPA trip you've ever been on and why? Under the moon kayaking with Pirates of the Sugarloaf. It was something I had never done before. The weather was perfect and I enjoyed the experience.

Coolest paddling trip you've ever been on anywhere and why? Trap Pond State Park in Delaware. We had an early morning paddle in the Terrapin Branch Water Trail. It is only a couple of miles but it is just perfect, quiet and really beautiful.

Scariest/most dangerous paddling trip/incident and why? Nothing to report yet.

Bucket list trips? Costa Rica and Alaska.

Three things you like most about paddling? I love the silence in the water. You interact with others but you still can have your own space and keep your own pace. I also love watching the wildlife in their own environment.

What do you like about CPA? The wonderful community. Everyone is willing to help and to share whatever they know.

What other paddling clubs/groups do you belong to? None.

One unusual non-paddling thing we'd be surprised to know about you? I organized one of the STEM areas for the World Scout Jamboree in 2019. We had over 45,000 scouts and volunteer staff from 165 countries. Not bad for an introvert.

(Ralph Heimlich coordinates the Paddler Profile series.)