

## Paddler Profile: Meet Sophie Troy



**Lives in:** Cockeysville, MD

**Real job:** Occupational Therapist. Mostly retired now but I still work a couple of days a month.

**Do you regularly attend a CPA Piracy?** I started co-leading the Pirates of Baltimore in May 2022.

**Number of years paddling?** 12 years

**How did you get involved in sea kayaking?** A couple of friends had purchased 14' plastic boats. I accompanied them on a couple of paddles and was hooked!

**What boat(s) do you paddle?** I mostly paddle an Impex Currituck and a Necky Eliza. I also have a Necky Manitou 13' (my beginner boat) and a 9' Liquidlogic.

**Rudder or skeg?** The Eliza has a rudder and the Currituck has a skeg

**Type of paddle used?** Greenland paddle most of the time and Euro paddle mostly in the winter

**Do you do any other paddling than sea kayaking?** I purchased the 9' Liquidlogic Remix 9' last summer and started to do some white water class 1 to 3.

**Do you regularly do any other outdoor activities?** I live outside as much as possible. I hike and ski in the winter, bike and garden in the summer.

**How often do you paddle between May and October?** 2 to 4 days a week

**Do any winter paddling?** In the winter I go out about once a month depending of the weather.

**Favorite local paddling location?** Close to home I favor the marshes at the mouth of the Gunpowder River.

**Favorite CPA trip you've ever been on and why?** Kayak camper in the Adirondacks with Ralph. I loved paddling the lakes, the remoteness of the camp sites away from cars and people, and the camaraderie of the other paddlers.

**Coolest paddling trip you've ever been on anywhere and why?** The Myakka River in Florida. Paddling among the alligators, being alone on the river, being surrounded by sub-tropical vegetation, and seeing so many birds I was unfamiliar with. It felt like I was living an adventure thousands of miles from home.

**Scariest/most dangerous paddling trip/incident and why?** I was caught against a strainer on a fast-moving creek a few years ago. I eventually capsized and was sucked down under water. I came up for one breath of air but went down again. Eventually I got hold of the coaming of my boat and pulled myself up enough to be helped by the trip leader. Scary! I

**Bucket list trips?** San Juan Islands, WA, Glacier National Park, MT.

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and emailing with a good picture of yourself in kayak mode to [news\\_editor@cpakayaker.com](mailto:news_editor@cpakayaker.com)