

Paddler Profile: Meet Astrid Rapp

Lives in: Arlington

Real job: Energy Analyst moonlighting as Ski Instructor

Do you regularly attend a CPA Piracy? Not yet

Number of years paddling? I grew up in a lake town and have been paddling something (canoe, kayak, Dragon Boat, SUP) on and off for many years.

How did you get involved in sea kayaking? My friends Gary and Michelle Trotter are trying to recruit me. I took a Basic Skills course with Paula Hubbard last June.

What boat(s) do you paddle? I borrowed a Necky last May and may borrow the same this season. Hopefully will learn more as I go before I buy first boat.

Rudder or skeg? Never used a rudder; not sure what a skeg is

Type of paddle used? Whatever available

Do you do any other paddling than sea kayaking? I have tried canoe, kayak, Dragon Boat, SUP

Do you regularly do any other outdoor activities? Skiing. Biking.

How often do you paddle between May and October? Right now, a handful of times but hope to go more with CPA.

Do any winter paddling? No.

Favorite local paddling location? Turner's Creek/Sassafras Area with the lotus blossoms in bloom or Mallows Bay. I love seeing wildlife or learning history. Most frequent has been Pohick Bay, which has been wonderful for exploring frequently and seeing diverse wildlife. Have also paddled Mattawoman Creek, Georgetown Waterfront, Mason Neck, Fountainhead, and Dismal Swap Canal.

Favorite CPA trip you've ever been on and why? Only been to Basic Skills at Truxtun Park with CPA. Awesome to try wet exits and learn assisted rescue.

Coollest paddling trip you've ever been on anywhere and why? Fond memories of a canoe trip in Harriman State Park in New York. Not sure we paddled all seven lakes, but we camped overnight (supported) and the trip included a one mile portage. At that age I was young and fit and didn't mind carrying the canoe and our day gear.

Scariest/most dangerous paddling trip/incident and why? None yet but it is important to be prepared and not go alone.

Bucket list trips? Up for as many adventures as my schedule and budget allows.

Three things you like most about paddling? Exercise, fresh air, nature.

What do you like about CPA? Community of continuous learning

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

One unusual non-paddling thing we'd be surprised to know about you? I listen to audiobooks while I garden.



If you would like to complete a Paddler Profile...

Email us at news_editor@cpakayaker.com or just answer the questions above, include a full-face picture of yourself in paddling mode, and email that. CPA members are eager to find out more about YOU!