

## **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.)*