

## Paddler Profile:

### Meet Gregory Pokrywka MD, aka "Wudder-Dawg"

**Lives in:** Odenton MD, Tho most of time spent working in Towson MD!



**Real job:** Gregory S Pokrywka MD FACP FNLA FASPC NCMP

National Lipid Association (NLA) Lipid Specialist. Prevention of Cardio Metabolic Disease and Women's Menopausal Health. [www.BaltimoreLipidCenter.com](http://www.BaltimoreLipidCenter.com)!

**Do you regularly attend a CPA Piracy?** Wish I could but limited by time and other activities.

**Number of years paddling?** Since 2008.

**How did you get involved in sea kayaking?** Started out with 8' rec boat joined CPA and WEKC because I realized I had no idea what I was doing, and I wasn't doing things safely!

**What boat do you paddle?** P&H Cetus.

**Rudder or skeg?** Skeg, of course!

**Type of paddle used:** GearLab Kalleg.

**Do you do any other paddling than sea kayaking?** Nope.

**Do you regularly do any other outdoor activities?** Spend a lot of time organizing and leading trips for the area's most active Sea-kayaking club, the WatersEdge Kayak Club Meetup, which I have led for ~ 10 years now. Spend ~ 5 hours /week training in the gym. It's The key to living a long and healthy life. Also "herp" (reptiles and amphibians), ski, hike/ruck, camp and travel! Activities limited by working ~ 80 hours/week! Fearless advocate of making outdoor activities

available not only to retired/nonworking folks, but to the rest of us who work full-time!

**How often do you paddle between May and October?** Twice/week at least!

**Do any winter paddling?** I lead more public winter paddles than anyone else in this area that I am aware of (there are private "cliques" of paddlers apparently doing winter paddling also)

**Favorite local paddling location?** Smith Island! It's 'pure magic. I now lead expeditions out there at least twice/year.

**Favorite CPA trip you've ever been on and why?** My first experience was at Canton launch 2008. I told the Leader I used a skirt and had never done a wet exit. He ordered me to do one right there at the yucky /filthy launch site. He said 'because you seem like a good Dude, you can keep your mouth closed under-water! I will never forget it ( Boy, has the Baltimore Harbor been cleaned up since then ! )

**Coolest paddling trip you've ever been on anywhere and why?** Smith Island / Maine (Stonington)/ Alaska (Kenai)/ San Juan Islands kayaking with the Orca. Shear natural beauty and remoteness.

**Scariest/most dangerous paddling trip/incident and why?** The first paddle ever was in rec boat solo to Hart Miller. Trapped by storm and boat almost filled up and sank with rainwater. Motivated me to join CPA and WEKC!

**Bucket list trips?** Europe, back to Alaska! Participate more in retirement (If I live to it!) in public advocacy for public kayaking access in the Baltimore area.

**Three things you like most about paddling.** Being with nature, the People I've met and befriended. WEKC is my "tribe"!

**What do you like about CPA?** Learning new skills form others, and the instructional classes.

**What other paddling clubs/groups do you belong to?** See above.

**One unusual non-paddling thing we'd be surprised to know about you.** Despite my prudent diet, I am in love with chocolate peanut butter ice cream, and now know virtually every creamery on the Eastern Shore by heart!

## Wanted: More Paddler Profiles

Paddler Profiles are a newsletter feature designed to feature...YOU! We'd like to know more about CPA members and this is your chance to tell us more about your paddling experience, what draws you to the water and what else is going on in your life.

Just fill out the few simple questions [here](#) and [send us](#) a recent photo of you in paddling mode. We'll do the rest, and soon all your CPA paddling buddies will know more about you.

For a complete roster of past Paddler Profiles, see the CPA Website [here](#).