

CPA Paddler Profile ~ Kathy Rost

Interview by Rick Wiebush



Kathy Rost kayaking at Sandy Point
Photograph by Lisa Arrasmith

Name: Kathy Rost

Lives in: Parkville, Maryland

Real job: Accountant at Johns Hopkins University

Member of a Piracy? Pirates of Baltimore

Paddling Buddies: Edwin C., Dale & Sue R., Lisa A., Gail A., Kathy H., Maywin, Bob G., and Caretta J.

Number years paddling: 7

How did you get involved in kayaking? I started out floating down the Gunpowder Falls with some friends on Sundays when the water levels were high enough.

How did you learn to sea kayak? I learned how to sea kayak from rubbing shoulders with the talented members of the CPA and all the wonderful events that they've sponsored as well as Cross Currents by Rick Wiebush and lots of great stuff from Jay Gitomer.

Any formal training or ACA/BCU certifications: I've had just a little formal training but no certifications.

Boat usually paddled: Wilderness Systems Tempest 165 - orange

Type paddle used: Greenland!!!

Do you do any other type of paddling besides sea kayaking: I have a 17-foot canoe but it feels like a big bathtub now that I'm a sea kayaker. I still get into a rec boat once in a while for going down the Gunpowder. I really do want to do the Pine Barrens again and this time in a small canoe.

Do you regularly do any other outdoor activities: Yes...I am quite a geocaching geek...that sometimes includes hiking, backpacking, biking, caving, and since there are now some underwater geocaches I may just need to learn how to dive.

How often do you paddle in summer?: Once or twice a week if I'm lucky.

Do any winter paddling? Yes

Go to pool sessions? Yes, Catonsville Y, Fairlands, University of Maryland

Favorite local paddling location: Broadcreek/Susquehanna

Favorite non-local location: Algonquin Provincial Park

Best paddling trip/experience ever and why: My best paddling trip was kayak camping in the Great Dismal Swamp. I was traveling with a group of intrepid friends known as the Trailtrekkers, whose adventurous spirit and outdoor culinary skills know no bounds. The first night we got to Lake Drummond just in time to see the most spectacular sunset I have ever seen in my life, silhouetting the cypress trees and our boats. The next day as I paddled across to the far shore I rescued a giant, bizarre looking dragonfly from the lake and watched as he dried on the end of my Greenland paddle, getting an incredible photograph. The last night, as I paddled with a friend along the feeder ditch in almost complete darkness, lit only by the narrow star-lit strip of sky above, we both witnessed an apparition...only to find out later that the area is haunted...by the Lady of the Lake.

Scariest/most dangerous trip/experience and why: Well I wish I had something better for this! I was going down the Gunpowder Falls in my little rec boat, and I had tied my paddle to my boat with a paddle leash against the better judgment of my paddling buddy. I assured him that it would be fine as long as the leash wasn't around my wrist and that I thought the river had eaten enough of our paddles. It wasn't long before I wiped out on a strainer and got pinned against it in the strong current by the leash. My friend cut me loose, and I learned a good lesson.

Bucket list trips: Pictured Rocks, Eleuthera, Moosehead Lake, Everglades, Baja

Three things you like most about paddling? The absolute joy of piercing the water with my paddle and being the captain of my own boat. The camaraderie of all the people I've met. The limitless opportunities to explore, have adventures and push your own boundaries.

What do you like about CPA? I like how willing CPA members are to share their knowledge and help you grow. I love the roving piracies, SK102, Paddle Clash and the Pirates of Baltimore skills clinics. What's not to like? It's the best \$10 I've ever spent in my life!

One thing other people find interesting about you: I don't watch TV.