

# Healthy Hall of Fame

## Ken Noble – Maintenance Supervisor

After nearly 10 years of service to LCC, Ken Noble will be leaving for Spokane sometime this summer. He and his wife are moving to be closer to grandbabies.

Ken has always been conscience of health and exercise. As a wrestler in high school and college, he learned the importance of staying in shape. It has carried with him for many years. Ken and his wife run at least 4 miles a day with their dog, Cooper.

Ken is an avid runner, bike rider, and hiker. He even used to race bikes, including cycle cross, mountain bike racing and even a snowy 250 mile race in Alaska. He noted that he prefers mountain bike racing over cycle cross due to the duration and speed. He attributed cycle cross to being like a short sprint, usually a 45-minute quick ride. Mountain bike racing is longer distances over a longer period, usually 45 plus miles over 3-4 hours.

Ken used to set heart rate goals to increase endurance, now he just does it for fun!

He joked that he eats whatever he wants, but said that he limits his amount of salt intake. He shared that he eats a lot of elk. He recently took his son on 14-day wilderness adventure to hunt elk on a special tag he received for the first time. After getting his elk, he and his son had to hike the elk up a very steep hill to get it on flat enough land for horses to carry it out.

For those looking to make healthy changes, Ken says “once you start, don’t stop”. It’s easier to stay in shape once you get there, rather than having to start over. He also encourages others to get regular checkups at the doctor to understand what your body needs.