



LiveWell Fit

Get out and move!

- The Trust will reimburse race registration fees to eligible participants, including covered family members, four events per calendar year.



Scan here to request event reimbursement.

- Participants and spouses can also earn HRA funding as a health related action.

Earn Mile Marker Rewards

Mile Markers are earned once for the first four events.

Mile Marker 1

Trust branded Sunshield Buff

Mile Marker 2

Fit Happens technical t-shirt

Mile Marker 3

Bonus LiveWell Fit event reimbursement

Mile Marker 4

Option of: Reimbursement of fitness tracking device/watch* or running/biking shoes up to \$170



Bubble Run 8/3/2025

Date	City	Event Name and Description
JUNE		
28	Issaquah	Tiger Peak Challenge – 31, 13.1 or 5 mile trail run/walk
28	Orting	The Foothills Dash – 13.1, 6.2 or 3.1 mile trail run/walk
28	Enumclaw	Raise the Bar's Black Diamond Triathlon – Olympic or Sprint triathlon, Aquabike and Sprint relays
28	Maple Valley	Maple Valley Bear Run & Walk 5k – 3.1 mile run/walk
29	Stanwood	Smokestack Out'N Back 5k – 3.1 mile run/walk
29	Seattle	Defeat Myeloma – 3.1 or 1 mile run/walk
JULY		
4	Edmonds	Edmonds 4th of July 5k – 3.1 or .6 mile run/walk
4	Woodinville	Four on the Fourth Woodinville – 4 mile run/walk
4	Tacoma	Independence Day 5k – 3.1 mile run/walk and kids run
4	Steilacoom	Four on the Fourth – 4 mile run/walk and kids run
5	West Seattle	July 4th Freedom Run – 13.1, 6.2 or 3.1 mile run/walk
5	Quincy	Sunland Estates 5k – 3.1 mile run/walk
5	Bellingham	Chuckanut Foot Race – 7 mile trail run/walk
8	Seattle	Seward Sizzler Trail Run – 6.2 or 4.2 mile trail run/walk
11-13	Blaine-Langley	Northwest Passage Ragnar – Varies: 14.1 – 22.1 mile relay
12	Bellingham	Lake Whatcom Triathlon – Olympic, Sprint or Aquabike and Youth Splash and Dash
12	Seattle-Portland	Seattle to Portland (STP) – 200 mile bike ride
12	Kent	Kent Cornucopia Days 5k – 3.1 mile run/walk
12	Snoqualmie	Snoqualmie Tunnel 5k Glow Run – 3.1 mile run/walk
13	Westport	Run Like the Wind – 13.1, 6.2 or 3.1 mile run/walk
13	Tonasket	Get Lost Trail Race – 11, 7 or 3 mile trail run/walk
13	Seattle	SummeRun & Walk for Ovarian Cancer – 3.1 mile run/walk
17	Spokane	Cherry Picker's Trot – 4 mile run/walk
18-19	Ashford	Mount Rainier Half Marathon & 5k – 13.1, 6.2 or 3.1 mile run/walk
19	West Seattle	Float Dodger 5k – 3.1 mile run/walk and kids run
19	Bellingham	Tour de Whatcom – 100, 62, 44 or 22 mile bike ride
19	Spokane	SpoKenya Run/Walk 7k – 4.3 mile run/walk
19	Mountlake Terrace	Heroes vs. Villains 5k – 3.1 mile run/walk
19	Olympia	Olympia Lakefair Races – 13.1, 4.97 or 1.8 mile run/walk
20	Seattle	Seafair Triathlon – Sprint, Super Sprint, Sprint Duathlon, Relay and kids triathlon
20	Buckley-Orting	B&O Half Marathon and 10k – 13.1 or 6.2 mile trail run/walk
26	Seattle	Kaiser Seafair Torchlight Run – 3.1 mile run/walk
26	Hoquiam	Why-Not-Chee – 25 to 35, 45 to 55 or 65 to 80 mile gravel mountain bike ride
26	Tacoma	Owl Together Now – 3.1 or 1 mile evening walk and scavenger hunt
26	University PI	Twisted Cider 5k – 3.1 mile run/walk and kids run
26	McCleary	Ride the Harbor – 52, 18 or 7.5 mile bike ride
26-27	North Bend	Jack and Jill's Downhill Marathon – 26.2 or 13.1 mile trail run/walk
AUGUST		
2	Monroe	Lake Tye Triathlon – Olympic, Sprint, Duathlon, Aquabike and Youth triathlons
2	Sequim	Tour de Lavender – 64 or 34 mile bike ride
2	Gig Harbor	Galloping Gertie – 13.1, 6.2 or 3.1 mile run/walk
2-3	Cougar	Volcanic 50k – 31 or 15.5 mile endurance trail run/walk
3	Puyallup	Bubble Run (Standard Registration) – 3.1 mile run/walk
3	Port Angeles	Ride the Hurricane – 39.9 mile bike ride
MORE TO COME!		

LiveWell Fit Reimbursement Details

To be eligible for event fee reimbursement and HRA funding, complete the following steps. (You must be covered by Sound Health & Wellness Trust on race day.)

1. Register for an approved event listed on the Trust's official calendar by going to SoundHealthWellness.com. **Keep your payment receipt.**
2. Request reimbursement at least one week prior to the event. Log in to your secure account at www.soundhealthwellness.com and submit a reimbursement request. From the Sound Support menu, select LiveWell Fit, then from the options page, select and complete the Request Reimbursement section OR: call the Trust at (800) 225-7620 option 2 then option 5.
3. Watch for an email just a couple days prior to the event from one of our Wellness Coordinators with additional follow-up instructions.

Bring a Buddy!

Get a new buddy to register for reimbursement with you for an event and you'll both be entered into a grand prize raffle drawing for a \$300 VISA gift card(*) (one winner per year, drawing held in January). Just let the Wellness Coordinator working with you for reimbursement know who your buddy is. A buddy is another covered Sound Health employee or spouse who has never participated in a LiveWell Fit event. You can be entered up to four times per year for bringing a new buddy to each event for which you are reimbursed.

Earn HRA Funding

Look for these icons throughout the year to see what counts toward HRA funding.

 Walk/run distance less than 5 miles or biking distance less than 30 miles

 Walk/run distance 5-10 miles or biking distance 30-50 miles

 Walk/run distance over 10 miles or biking distance over 50 miles

(*) Limitations apply. LiveWell Fit reimbursement is a taxable incentive. The Trust will pay the required FICA (Social Security and Medicare) taxes on your behalf and you will be responsible for any federal income taxes that may be due. Other LiveWell Fit incentives may also be considered taxable. If you received a taxable incentive, the Trust will send you a W-2 each January that you should include with your annual tax filing.