



SOUND HEALTH
& WELLNESS TRUST

LiveWell Fit

Get out and move with Team Sound Health.

The Trust will reimburse participants, including covered family members, for four events per calendar year. In order to be eligible for event fee reimbursement, register for your event and then notify us at least one week before the event to reserve your spot by completing an online reimbursement request form located on the Trust's website or by calling the Trust at (800) 225-7620 option 2 then option 5.

Visit www.soundhealthwellness.com for more information.

NOVEMBER

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Date	City	Event Name and Description
NOVEMBER		
5	Kent	In Unity We Run – 26.2 or 13.1 mile run/walk
5	Spokane	Sugar Rush Spokane – 6.2 or 3.1 mile run/walk
5	Seattle	Mustache Dache – 3.1 mile run/walk
6	Lacey	Turn Back The Clock – 13.1, 6.2 or 3.1 mile run/walk
6	North Bend	Pineapple Classic – 3.1 mile run/walk
12	Redmond	Poultry Predictor – 3.1 mile run/walk
12	Mount Vernon	Fowl Fun Run – 6.2 or 3.1 mile run/walk
19	Bellingham	Turkey Trot Bellingham – 3.1 mile run/walk
19	Pt. Townsend	Turkey Trot Port Townsend– 3.1 mile run/walk and kid's dash
20	Seattle	Greenlake Gobble – 6.2 or 3.1 mile run/walk
24	Issaquah	Turkey Trot Issaquah – 3.1 mile run/walk
24	Gig Harbor	Turkey Trot Gig Harbor – 6.2 or 3.1 mile run/walk
24	Tacoma	Turkey Trot Tacoma – 3.1 mile run/walk and kid's run
24	Seattle	Turkey Trot Seattle – 3.1 mile run/walk
24	Bainbridge	Turkey Trot Bainbridge – 3.1 or 1 mile run/walk
27	Seattle	Seattle Marathon – 26.2 or 13.1 mile run/walk
DECEMBER		
3	Bellingham	Fairhaven Frosty – 6.2 or 3.1 mile run/walk
3	Port Orchard	Jingle Bell Run Pt. Orchard – 3.1 mile run/walk and kid's run
3	Puyallup	Reindeer Run – 6.2 or 3.1 mile run/walk and kid's dash
3	Spokane	Jingle Bell Run– 3.1 mile run/walk and kid's run
3	Redmond	Ugly Sweater Run– 3.1 mile run/walk
10	Bellingham	Jingle Bell Run Bellingham – 3.1 mile run/walk
10	Tacoma	Santa Runs Tacoma – 13.1, 6.2 or 3.1 mile run/walk & kid's run
10	Kent	Christmas Rush – 3.1 mile run/walk
11	Seattle	Jingle Bell Run Seattle – 3.1 mile run/walk
18	Kirkland	12ks Of Christmas – 7.5 or 3.1 mile run/walk
JANUARY		
1	Seattle	Resolution Run – 3.1 mile run/walk
7	Bothell	Worst Day Of The Year – 6.2 or 3.1 mile run/walk
8	Bellingham	Annual Lake Samish Runs – 13.1 or 6.5 mile run/walk
14	Olympia	Elvis Dash – 6.2 or 3.1 mile run/walk
14	Seattle	MLK Weekend Run – 9.3, 6.2 or 3.1 mile run/walk
21	Woodinville	Stinky Spoke Poker Ride – 18 mile bike ride
21	Redmond	Rain Run – 13.1 mile run/walk
28	Tukwila	Tukwila To Alki – 13.1 mile run/walk
28	Puyallup	No Sun Fun Run – 3.1 mile run/walk

MORE TO COME!

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



New events added each month! Be sure to check the website for the most up to date calendar.