



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



Date	City	Event Name and Description
FEBRUARY		
14	Tacoma	Valentine's Day 5k and 10k – 6.2 or 3.1 mile run/walk
14	West Seattle	Valentines Live, Love, Run – 13.1, 6.2 or 3.1 mile run/walk
14	Sedro-Woolley	Woolley Trail Runs – 31.1, 26.2 or 13.1 mile trail run/walk
14	Sedro-Woolley	The 1 st Song Sparrow Bridge 10k at Northern State – 6.2 mile run/walk
21	Snohomish	Lord Hill Trail Run – 31, 20, 10 or 3.1 mile trail run/walk
21	Puyallup	Onesie Run 5k – 3.1 mile run/walk
21	Woodinville	Run or Wine 5k or 10k – 6.2 or 3.1 mile run/walk
21	Spokane	Swag Run – 3.1 mile run/walk
22	Bainbridge Is	Chilly Hilly – 33 mile bike ride
22	Olympia	Geoduck Gallop – 13.1 mile run/walk
28	Spokane	Viking 5k, 10k and Half Marathon – 13.1, 6.2 or 3.1 mile run/walk
MARCH		
1	Seattle	Hot Chocolate Run – 9.3, 6.2 or 3.1 mile run/walk
1	Bellingham	Padden Mudfest – 6.2 or 3.1 mile trail run/walk
7	Lakewood	Ft Steilacoom Resolution Runs: 30k, 15k, 5k – 18.6, 9.3 or 3.1 mile run/walk
7	Pullman	Snake River Canyon Half Marathon – 13.1 mile run/walk
7	Redmond	Lake Sammamish Half Marathon – 13.1 mile run/walk
7	Sequim	Sun Fun Color Run – 3.1 or .6 mile color run/walk
8	Spokane	St. Paddy's Five – 5 mile run/walk
14	Bellingham	Runnin' O' the Green – 4.97 or 3.1 mile run/walk
14	West Seattle	St. Paddy's Day Lucky Run – 13.1, 6.2 or 3.1 mile run/walk
14	Kent	Run the Green – 13.1 or 6.2 mile run/walk
14	Kirkland	Kirkland Shamrock Run – 6.2 or 3.1 mile run/walk
14	Tacoma	St. Paddy's Day Run Tacoma – 13.1, 6.2 or 3.1 mile run/walk
14	Port Angeles	Frosty Moss Relay – 80 or 30 mile relay or 31 mile solo trail run/walk
14	Gig Harbor	Shamrock'n the Harbor 5k & 12k – 7.5 or 3.1 mile run/walk
14	Poulsbo	Poulsbo Beer Run – 4.1 mile run/walk
15	Spokane	Shamrock Shuffle – 13.1, 6.2 or 3.1 mile run/walk
15	Olympia	Donut Dash 5k – 3.1 mile run/walk and kids run
15	Seattle	St. Patrick's Day Dash – 3.1 mile run/walk and kids run
21	Federal Way	Dash Point Trail Run – 13.1 or 6.2 mile trail run/walk
22	Seattle	Big Climb Seattle – 1 mile stair climb
22	Spokane	Rapid Rabbit Run – 5 or 3 mile run/walk
22	Vancouver	Couve Clover Run – 10, 7 or 3 mile run/walk and kids run
22	Ocean Shores	Dugan's Run – 3.1 mile run/walk and kids run
22	Olympia	Evergreen 10k – 6.2 mile run/walk
28	Everson	Honeywagon Runs – 13.1 mile or 4 mile run/walk
28	Seattle	Dizzy Daze – 3.2 mile run/walk
29	Everett	Mill Town Half, 10k & 5k – 13.1, 6.2 or 3.1 mile run/walk
29	Redmond	Redmond Marathon – 26.2 or 13.1 mile run/walk
APRIL		
4	Seattle	Always Hope Easter Run – 13.1, 6.2 or 3.1 mile run/walk
11	Blaine	Birch Bay Road Race – 18.6, 9.3 or 3.1 mile run/walk
11	Port Angeles	OAT Run – 31, 13.1 or 7.5 mile trail run/walk
12	Spokane	The Split – 13.1, 6.2 or 3.1 mile run/walk and kids run
18	Wenatchee	Wenatchee Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk
18	Kennewick	Run the River – 26.2, 13.1 or 3.1 mile run/walk and relay
18	Bremerton	Bremerton Marathon – 26.2, 13.1 or 6.2 mile run/walk
18	Burlington	Tulip Run – 6.2, 3.1 or 2 mile run/walk
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

Employees and their eligible covered spouses may earn HRA funding following the completion of an approved LiveWell Fit event in accordance with the program rules for 2026.

^(*) 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.