



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

LiveWell 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
MAY		
30	Bremerton	Girls on the Run – 3.1 mile run/walk
30	Everett	Rhinos 5k Fun Run – 3.1 mile run/walk
30	Mountlake Ter.	Kilted 5k Run – 3.1 mile run/walk
30-31	Chelan	Echo Valley – 31, 13.1 or 6.2 mile trail run/walk and kids run
31	Spokane	Run the 509 – 13.1, 6.2 or 3.1 mile run/walk
31	Snohomish	Evergreen Half and 5 Mile – 13.1 or 5 mile run/walk
JUNE		
6	Sedro-Woolley	Blast of Color 5k – 3.1 mile run/walk
6	Fairfax - Ruston	Rainier to Ruston Relay – 53 mile relay run/walk
6	Seattle	RBC Race for the Kids – 6.2 or 3.1 mile run/walk and fun run
6	Maple Valley	Lake Wilderness Run and Triathlon – 13.1, 6.2 or 3.1 mile run/walk and triathlon
6-7	Port Angeles	North Olympic Discovery Marathon – 26.2, 13.1, 6.2 or 3.1 mile run/walk and relay
7	Redmond	Let Me Run Spring Fest 5k – 3.1 mile run/walk
7	Bainbridge Is.	The Great Ferry Race – 13.1 mile run/walk
7	North Bend	Light at the End of the Tunnel Marathon – 26.2 mile run
7	Chimacum	Finnriver Farm Spiked Apple 5k – 3.1 mile run/walk
9	Seattle	Woodland Park Zoom – 6.2 or 3.1 mile run/walk
13	Tacoma	Sound to Narrows – 7.5, 3.1 or 1.2 mile run/walk
13	Quilcene	Gravel Unravel: Bon Jon Pass Out – 23 – 80 mile gravel endurance bike ride
13	Poulsbo	Viking Tour – 57, 29 or 17 mile bike ride
13	Snoqualmie	The Super Hayak Marathon & Half – 26.2 or 13.1 mile run
14	Fall City	Fall City Day Run – 6.2 or 3.1 mile run/walk and kids run
14	Seattle	Furry 5k – 3.1 mile run/walk
20	Lynden	Tractor Trot – 6.2 or 3.1 mile run/walk
20	Port Orchard	HotFoot 5k Trail run – 3.1 or 1 mile trail run/walk
20	Burlington	Berry Dairy Days 5k & 10k Race – 6.2 or 3.1 mile run/walk
20	Everett	Flight for Sight – 3.1 mile run/walk or 1 mile walk
20	Seattle	Solstice Run – Duathlon, 9.3, 6.2 or 3.1 mile run/walk
20	Orting	Donut Dash – 3.1 mile run/walk
20	Seattle	Run and Walk with Pride – 4.97 or 2.49 mile run/walk
20	Toutle	Tour de Blast – 66, 54 or 39 mile bike ride
20	Carnation	Snoqualmie Valley Half – 13.1 or 6.2 mile trail run/walk
26	Woodinville	Celebrate Woodinville Summer Glow Run 5k – 3.1 mile run/walk
27	Bellingham	Padden Triathlon – 26.7 or 12.8 mile triathlon
27	Enumclaw	Raise the Bar's Black Diamond Triathlon – Olympic or Sprint triathlon, Aquabike and Sprint Relay
27	Maple Valley	Maple Valley Bear Run & Walk 5k – 3.1 mile run/walk
27	Issaquah	Tiger Mountain Trail Run – 31, 13.1, 7.5 or 3.1 mile trail run /walk
27	Seattle	Seattle Marathon Summer Events: 5k/10/Half Marathon – 13.1, 6.2 or 3.1 mile run/walk and kids run
27	Issaquah	Tiger Peak Challenge – 31, 13.1 or 5 mile trail run /walk
28	Bellingham	SwimRun – 9 mile run/walk or 5.5 mile sprint
28	Seattle	Defeat Myeloma – 3.1 or 1 mile run/walk
28	Bellingham	Chuckanut Foot Race – 7 mile trail run/walk
JULY		
4	Edmonds	Edmonds 4 th of July 5k – 3.1 mile or .6 run/walk
4	Everett	Everett 4 th of July 5k – 3.1 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
4	West Seattle	July 4 th Freedom Run – 13.1, 6.2 or 3.1 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](https://www.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.