



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
JUNE		
27	Issaquah	Tiger Peak Challenge – 31, 13.1 or 5 mile trail run/walk
28	Bellingham	SwimRun – 9 mile run/swim 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 4th of July 5k – 3.1 or 0.6 mile run/walk
4	Everett	Everett 4th 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 4th Freedom Run – 13.1, 6.2 or 3.1 mile run/walk
4	Quincy	Sunland Estate 5k – 3.1 mile run/walk
4	Federal Way	Miles for Meso – 3.1 mile run/walk/roll and kids dash
7	Seattle	Seward Sizzler Trail Run – 6.2 or 4.2 mile trail run/walk
10-11	Blaine-Langley	Northwest Passage Ragnar – Varies: 14.1 – 22.1 mile relay
11	Bellingham	Lake Whatcom Triathlon – Olympic, Sprint or Aquabike and Youth Splash and Dash
11	Everett	Eagle 5k, 10k & 13.1 mile Run – 13.1, 6.2 or 3.1 mile walk/run
11	Kent	Kent Cornucopia Days 5k – 3.1 mile run/walk
11-12	Seattle-Portland	Seattle to Portland (STP) – 200 mile bike ride
12	Seattle	SummeRun & Walk for Ovarian Cancer – 3.1 mile run/walk
12	Bellingham	CDC Bonus Round: Galbraith Enduro – Varied course endurance mountain bike
12	Westport	2026 Run Like the Wind – 13.1, 6.2 or 3.1 mile run/walk
12	Tonasket	Get Lost Trail Race – 11, 7 or 3.1 mile run/walk
16	Spokane	Cherry Picker's Trot – 4 mile run/walk
17-18	Ashford	Mount Rainier Half Marathon & 5k – 13.1, 6.2 or 3.1 mile run/walk
18	West Seattle	Float Dodger 5k – 3.1 mile run/walk and kids dash
18	Bellingham	Tour de Whatcom – 100, 62, 44 or 22 mile bike ride
18	Olympia	Olympia Lakelake Races – 13.1, 4.97 or 1.8 mile run/walk
18	Hoquiam	Gravel Unravel: Why-Not-Chee – Varies: 25 – 80 mile gravel endurance bike ride
19	Seattle	Christmas in July 5k – 3.1 mile run/walk
19	Seattle	Seafair Triathlon – Sprint, Super Sprint, Sprint Duathlon, Relay and kids triathlon
19	Buckley-Orting	B&O Half Marathon and 10k – 13.1 or 6.2 mile trail run/walk
21	Kenmore	Summer Eddy Trail Run – 8 or 4 mile trail run
24	Redmond	Head for the Cure 5k – 3.1 mile run/walk and kids run
25	Tacoma	Owl Together Now – 3.1 or 1 mile evening run/walk and scavenger hunt
25	University Pl.	Twisted Cider 5k & 12k – 7.5 or 3.1 mile run/walk
25	McCleary	Ride the Harbor – 52, 18 or 7.5 mile bike ride
25	Seattle	Lookin for a Cure Seattle – 3.1 mile run/walk
25	Seattle	Kaiser Seafair Torchlight Run – 3.1 mile run/walk
25	Seattle	Run for Donuts – 13.1, 6.2 or 3.1 mile run/walk
25-26	North Bend	Jack and Jill's Downhill Marathon – 26.2 or 13.1 mile trail run/walk
29	Spokane	Rams Twilight Trail Run – 3.1 mile evening trail run/walk
AUGUST		
1	Monroe	Lake Tye Triathlon – Duathlon, Aquabike, Olympic or Sprint Triathlon and Youth Triathlon
1	Sequim	Tour de Lavender – 64 or 35 mile bike ride
1	Gig Harbor	Galloping Gertie – 13.1, 6.2 or 3.1 mile run/walk
1	Puyallup	Bubble Run (Value Registration only) – 3.1 mile run/walk
2	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](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.