



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



Luau 5k & 10k

Date	City	Event Name and Description
JULY		
25	University Pl.	Twisted Cider 5k & 12k – 7.5 or 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 and kids run
25	Silverdale	Whale of a Run – 4 or 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 trail run/walk
AUGUST		
1	Monroe	Lake Tye Triathlon – Duathlon, Aquabike, Olympic, Sprint and Youth triathlons
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
4	Seattle	NW Trail Runs Interlaken Ice Cream Dash – 6.2 or 3.1 mile trail run/walk
8	Bellingham	Larrabee Lakes – 31, 15.5 or 7.4 mile run/walk
8	Coupeville	Race the Reserve Whidbey Island – 13.1, 6.2 or 3.1 mile run/walk
8	Seattle	Fred Hutch Obliteride – 100, 50 or 25 mile bike ride or 3.1 mile run/walk
8	Bellevue	Cougar Mountain Trail Run – 26.2, 14.5 or 3.1 mile run/walk
9	Puyallup	Mimosa Run 5k – 3.1 mile run/walk
9	Seattle	Lake Union 10k – 6.2 mile run/walk
9	North Bend	Tunnel Vision Marathon & Half Marathon – 26.2 or 13.1 mile run/walk
14	Auburn	Almost 5k Poker Fun Run & Walk – 3.1 mile run/walk
15	Coupeville	Tour de Whidbey – 162, 100, 66, 50, 33 or 10 mile bike ride
15	Kent	Lake Meridian Triathlon – Olympic, Sprint or Super Sprint triathlons and relays
15	Seattle	Run for PB&J – 13.1, 6.2 or 3.1 mile run/walk and fun run
15	University Pl.	Twilight at the Bay – 13.1, 6.2 or 3.1 mile run/walk
16	Seattle	Sundae Runday – 6.2, 3.1 or 2 mile run/walk and fun run
16	Seattle	Emerald City 5k – 3.1 mile run/walk
22	Spokane	Evergreen Club 5k – 3.1 mile run/walk
22	Mukilteo	Run-a-Muk 5k/10k – 6.2 or 3.1 mile run/walk
26	Spokane	Run the Night Glow Run – 3.1 or 1.5 mile run/walk
29	Seattle	Summer Spirit Run – 9.3, 6.2 or 3.1 mile run/walk/obstacle dash and kids run
29	Tacoma	Tacoma Narrows Half, 10k & 5k – 13.1, 6.2 or 3.1 mile run/walk
29	Bellingham	Chuckanut Classic – 100, 62, 43, 25 or 10 mile bike ride
30	North Bend	Iron Horse Half Marathon – 13.1 mile trail run/walk
30	Bonney Lake	Bonney Lake Triathlon – Olympic, Sprint or Super Sprint
30	Bainbridge Is.	Bike for Pie – 30 or 9 mile bike ride
SEPTEMBER		
7	Redmond	Redmond Harvest Half Marathon – 13.1 mile run/walk
12	Spokane	March for the Fallen – 9.3, 6.2 or 3.1 mile run/walk
12	Port Angeles	GOAT Run – 31, 26.2 or 13.1 mile trail run/walk
12	Carnation	Beat the Blerch – 26.2, 13.1, 6.2 or 3.1 mile run/walk
12	Kenmore	Flyaway 5k & 10k – 6.2 or 3.1 mile run/walk
12	Vashon Is.	Passport 2 Pain – 80, 58, 33 or 12 mile bike ride
13	Spokane	BRRC Sundae Sunday 10-Miler – 10 mile run/walk
13	Renton	Rave the Green – 3.1 mile run/walk and kids run
13	North Bend	Tunnel Light Marathon – 26.2 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.