

****HOLD HARMLESS AGREEMENT,
WAIVER OF LIABILITY,
EXPRESS ASSUMPTION OF RISK & INDEMNITY AGREEMENT**
Murph on the Rock – June 5th, 6th, & 7th 2026
Kremmling, Colorado**

**IMPORTANT: THIS IS A LEGALLY BINDING DOCUMENT
PLEASE READ CAREFULLY. BY SIGNING THIS DOCUMENT, YOU ARE WAIVING
IMPORTANT LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.**

1. PARTIES

This Agreement is entered into by the undersigned participant (“Participant”) in favor of:

- Fudoshin Group LLC
- Zanshin Group
- Kremmling Chamber of Commerce
- Town of Kremmling

Including their officers, members, managers, employees, volunteers, agents, sponsors, and affiliates (collectively, the “Released Parties”).

2. ACTIVITIES COVERED

This Agreement applies to all participation in “**Murph on the Rock**” on **June 5th, 6th, & 7th 2026**, including but not limited to:

- The “Murph” CrossFit workout at Kremmling Town Square (203 Park Ave., Kremmling, Colorado)
 - The Self Defense Seminar at Fudoshin Dojo (116 N 6th St., Kremmling, Colorado 80459)
 - Any related activities, demonstrations, warm-ups, travel between venues, and presence at event locations
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3. EXPRESS ASSUMPTION OF ALL RISKS (INCLUDING NEGLIGENCE)

I UNDERSTAND THAT THE ACTIVITIES INVOLVE INHERENTLY DANGEROUS PHYSICAL EXERTION AND CONTACT, AND I EXPRESSLY AND VOLUNTARILY ASSUME ALL RISKS OF INJURY, ILLNESS, DAMAGE, OR DEATH, WHETHER KNOWN OR UNKNOWN.

These risks include, but are not limited to:

- Extreme physical exertion, fatigue, or overexertion
- Equipment malfunction or improper use
- Slips, trips, falls, or uneven surfaces
- Physical contact or collision with other participants
- Instruction-related injuries during self-defense training
- Weather exposure, dehydration, or environmental hazards
- Lack of immediate medical assistance

I UNDERSTAND THAT THESE RISKS MAY ARISE FROM THE NEGLIGENCE OF THE RELEASED PARTIES OR OTHERS, AND I NONETHELESS ASSUME ALL SUCH RISKS.

4. FULL RELEASE OF LIABILITY (INCLUDING NEGLIGENCE)

TO THE FULLEST EXTENT PERMITTED BY COLORADO LAW, I HEREBY RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE THE RELEASED PARTIES for any and all claims, demands, damages, rights of action, or causes of action, present or future, whether known or unknown, arising out of or related to:

- Personal injury, illness, disability, or death

- Property damage or loss
- Participation in or presence at the event

THIS RELEASE EXPRESSLY INCLUDES ANY CLAIMS BASED ON THE ALLEGED NEGLIGENCE OF THE RELEASED PARTIES.

5. INDEMNIFICATION & DEFENSE

I AGREE TO INDEMNIFY, DEFEND, AND HOLD HARMLESS THE RELEASED PARTIES

from and against any and all claims, liabilities, damages, losses, costs, or expenses (including attorney fees) arising out of or related to:

- My participation in the event
 - My actions or omissions
 - Any claim brought by or on behalf of a third party, including family members
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6. MEDICAL FITNESS & NO RELIANCE

I represent and warrant that:

- I am physically and mentally capable of participating
- I have no medical condition that would make participation unsafe
- I have not relied on any representations by the Released Parties regarding my fitness

I UNDERSTAND THAT THE RELEASED PARTIES DO NOT PROVIDE MEDICAL EVALUATIONS OR SUPERVISION.

7. MEDICAL AUTHORIZATION & COSTS

I authorize the Released Parties to obtain emergency medical care if deemed necessary.

I ACCEPT FULL FINANCIAL RESPONSIBILITY FOR ANY MEDICAL TREATMENT PROVIDED AND RELEASE THE RELEASED PARTIES FROM ANY LIABILITY RELATED TO SUCH CARE.

8. NO INSURANCE

I UNDERSTAND THAT THE RELEASED PARTIES DO NOT PROVIDE HEALTH OR ACCIDENT INSURANCE FOR PARTICIPANTS, and I am solely responsible for obtaining my own coverage.

9. PHOTO & MEDIA RELEASE

I grant the Released Parties the unrestricted right to use my name, likeness, image, voice, and appearance in photographs or recordings for any lawful purpose without compensation.

10. COLORADO LAW, VENUE & JURY WAIVER

This Agreement shall be governed by the laws of the State of Colorado.

ANY LEGAL ACTION SHALL BE BROUGHT EXCLUSIVELY IN COLORADO. TO THE EXTENT PERMITTED BY LAW, I WAIVE MY RIGHT TO A JURY TRIAL.

11. SEVERABILITY & BROAD INTERPRETATION

If any portion of this Agreement is deemed invalid, the remaining provisions shall remain enforceable.

THIS AGREEMENT SHALL BE INTERPRETED AS BROADLY AS PERMITTED UNDER COLORADO LAW.

12. ACKNOWLEDGMENT OF UNDERSTANDING

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND THAT I AM WAIVING SUBSTANTIAL LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

I acknowledge that:

- I am signing this agreement freely and voluntarily
- No oral representations have been made to alter its terms
- I intend for this Agreement to be a complete and unconditional release of liability

PARTICIPANT INFORMATION

Name: _____
Date of Birth: _____
Address: _____
Phone: _____
Email: _____

SIGNATURE

Participant Signature: _____
Date: _____

INITIALS (REQUIRED)

____ I INITIAL HERE TO CONFIRM I UNDERSTAND AND ACCEPT THE RISKS
____ I INITIAL HERE TO CONFIRM I AM WAIVING MY RIGHT TO SUE
____ I INITIAL HERE TO CONFIRM THIS INCLUDES NEGLIGENCE

FOR MINORS (UNDER 18)

I am the parent or legal guardian of the minor participant.

I CONSENT TO THEIR PARTICIPATION AND AGREE, INDIVIDUALLY AND ON THEIR BEHALF, TO ALL TERMS OF THIS AGREEMENT, INCLUDING THE RELEASE OF LIABILITY AND INDEMNIFICATION PROVISIONS.

I further agree to indemnify the Released Parties from any claims brought on behalf of the minor.

Parent/Guardian Name: _____
Signature: _____
Date: _____
Emergency Contact Name & Phone: _____