The following Terms and Conditions apply to the event FoCo Fondo Festival and all categories and ages under this event registration page.

Medical Release I, the undersigned participant, certify that I am medically and physically fit to participate in the event "Bite the Bullet Gran Fondo" and have not been advised otherwise by any person (including any medical personnel). I have no medical or physical condition that would endanger others or myself if I participate in any athletic training and/or testing activities. As stated below, participation in athletic training and/or testing activities presents an inherent risk of injury to person or property. I certify that I have no known conditions that prohibit or limit participation in any of these events or cycling. Additionally, I certify that I have primary medical insurance in place to cover any expenses related to any potential injury that may arise from my participation in any athletic training and/or testing activities.

Indemnification and Risk Acknowledgment: In consideration of the services provided by Foco Fondo or any of its affiliates including FoCo Fondo, Bite the Bullet Gran Fondo, or Zachary Allison, or Jake Arnold, the right to engage in athletic activities and rides as a participant in any way in offered programs, related events and activities, I acknowledge, agree, promise and covenant with FoCo Fondo, its agents, employees, members, managers, officers, directors, all volunteers, sponsors, organizers, independent contractors, affiliates, and any promoting organization(s), medical providers, property owners, law enforcement agencies, all public entities, special districts, and properties (and their respective shareholders, agents, officials and employees) (collectively, the "RELEASEES") through or by which the programs, related events and activities will be held on behalf of myself, my heirs, assigns, legal representatives, executors, administrators, successors in interest, estate and next of kin (hereinafter collectively my "Successors") as follows:

The risk of injury from athletic training and/or testing activities is significant, including the potential for injury, illness or disease, physical or mental, permanent paralysis, death, or damage to myself or my property, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury, illness or disease, physical or mental, permanent paralysis, death, or damage to myself or my property remains; and

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known or unknown, identified or unidentified, anticipated or unanticipated, EVEN IF ARISING FROM THE NEGLIGENCE OF ANY RELEASEEE or others, and I assume full responsibility for my participation; and

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest employee or trainer immediately; and

I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during my participation in athletic training and/or testing activities; and

I understand that still and video images of me may be taken in conjunction with any athletic training and/or testing activities and agree that they may be used to promote The Source Endurance Training Center of the Rockies and I accept responsibility for the condition and adequacy of my equipment. If I participate in a cycling event, I will wear a helmet certified by ANSI SNELL, CPSC or DOT performance tests and that can protect me against serious head injury, and assume all responsibility and liability for the selection of such a helmet; and

I, for myself and my Successors, HEREBY RELEASE AND HOLD HARMLESS THE RELEASEES WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS, OR DAMAGE TO PERSON OR PROPERTY, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. ACCEPTANCE OF RISK AND RESPONSIBILITY: I HAVE READ THIS LIABILITY WAIVER AND ACKNOWLEDGMENT, AND I VOLUNTARILY AGREE, COVENANT AND PROMISE TO ACCEPT AND ASSUME ALL RESPONSIBILITIES FOR INJURY, ILLNESS OR DISEASE, DEATH AND PARALYSIS TO MYSELF OR MY PROPERTY ARISING FROM MY PARTICIPATION IN ANY ATHLETIC TRAINING AND/OR TESTING ACTIVITIES; I FULLY UNDERSTAND THE TERMS HEREOF, AND I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING THIS LIABILITY WAIVER AND ACKNOWLEDGMENT, INCLUDING, BUT NOT LIMITED TO, RIGHTS ARISING FROM OR CLAIMS FOR THE ACTS OR OMISSIONS, FAULT OR NEGLIGENCE IN ANY DEGREE OF THE RELEASEES, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT OR ANYONE FORCING ME TO PARTICIPATE IN SPITE OF THE RISKS.

Entire Agreement: I agree, for myself and my Successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my Successors assert a claim in contravention of this Liability Waiver &
Assignment, I or my Successors shall be liable for the expenses (including legal fees) incurred by the RELEASEES in defending the claims. This Liability Waiver & Acknowledgment may not be modified orally, and a waiver or modification of any provision shall not be construed as a modification of any other provision herein or as a consent to any subsequent waiver or modification. I consent to the release by any third party to RELEASEES and insurance carriers of my name and medical information that relate solely to any injury or death I may suffer arising from any athletic training and/or testing activities. Every term and provision of this Liability Waiver & Assignment is intended severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions which shall remain binding and enforceable. I understand that this is the entire agreement between The Source Endurance Training Center of the Rockies and myself, that it is for the benefit of all RELEASEES, and that it cannot be modified or changed in any way by the representations of The Source Endurance Training Center of the Rockies LLC or any employee or agent of or any of the RELEASEES or by me. My signature below indicates that I have read this entire document, understand it completely, and agree to be bound by its terms.

Legal Notice All notices from FOCO FONDO to You may be posted on our Web site and will be deemed delivered within thirty (30) days after posting. Notices from You to The Source Endurance Training Center of the Rockies shall be made either by e-mail, sent to the address we provide on our Web site, or first class mail to our address at: Delivery shall be deemed to have been made by You to The Source Endurance training Center of the Rockies five (5) days after the date sent.