

2022 C&O Canal 100 volunteer credit policy

Volunteer discounts for the 2023 race will be given based on two tiers of volunteer service during the 2022 event. The preference for the location of volunteer service can be specified when signing up on [Ultrasignup](#) but in most cases you will be helping at an aid station. This job involves filling runner bottles, handing runners food, and supporting runners in their goal to make it to the 100-mile finish line.

Tier 1 – 12 hour overnight shift - \$50 credit for 2023

Volunteers who sign up for a 12-hour shift that includes the graveyard hours of 11PM - 5AM will receive a \$50 discount for the 2023 race. When you are signing up to volunteer on Ultrasignup please specify you would like to work 12 hours as part of the graveyard shift.

Tier 2 – 12 daytime shift - \$25 credit for 2023

Volunteers who sign up for a 12-hour daytime shift that includes hours during 5AM to 11PM will receive a \$25 discount for the 2023 race. When you are signing up to volunteer on Ultrasignup please specify you would like to work 12 hours as part of the daytime shift.