

# GLADE TOP TRAIL Run

**Saturday April 4, 2026  
9:00 A.M. Start Time**

**DISTANCES:**

1 mile run/walk on gravel road  
4.25 miles trail run/hike  
10.25 miles trail run (4hr TIME LIMIT)

**ALL RACES START AT:**

Wolf Junction at Roads 149 and 147,  
the Mark Twain National Forest Glade Top Trail  
near Brown Branch, MO

**AWARDS**

Male and Female Overall, Masters, Grandmasters  
Top three in each 10 year age group  
Top 10% in 10 mile

**BENEFITING**

The Pat Souder Henry Scholarship Fund for  
Ava High School

**RACERS CAP AT 250**

**BY CASH OR CHECK**

Make checks payable and remit to:  
Glade Top Trail Run  
PO Box 1341 • Ava, MO 65608  
or drop off at State Farm Insurance in Ava.



**ONLINE**

Pay online or by QR Code  
[https://actnowracing.com/events/  
1044/glade-top-trail-run](https://actnowracing.com/events/1044/glade-top-trail-run)



<https://www.gladetoptrailrun.com>

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **GENDER:**  MALE  FEMALE

**EMAIL:** \_\_\_\_\_ **AGE ON APRIL 4, 2026:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**SHIRT SIZE (4 & 10 MILERS ONLY)** \_\_\_\_\_

**RACE PRICES (CHECK ONE)**

- 1 mile run/walk..... \$12  
after January 1st..... \$15
- 4.25 mile ..... \$25  
after January 1st..... \$30
- 10.25 mile ..... \$40  
after January 1st..... \$50

**Entries need to be received  
by March 15, 2026 to receive a  
shirt on race day**

**No refunds or exchanges allowed**

For more information contact:  
Liz Kyger  
417-683-0785 • [Lkyger@avabears.net](mailto:Lkyger@avabears.net)

The 4.25 and 10.25 mile trail race has extremely challenging terrain. Participants should be physically prepared for water crossings, log barriers, deep gullies and uneven running surfaces.

*Wavier: I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature. I accept all and full responsibility for any injury or accident resulting from my participation in this event including those which may be attributed to weather conditions. I release and hold harmless from any and all liability, The Glade Top Trail Run organizers, The US Forestry Service and Ava Public Schools.*

**SIGNATURE:** \_\_\_\_\_

~ Parent Signature if under 18 ~