MEDIA BIOGRAPHY / RADIO

Chris Sumlin

Sundays with Sumlin | Hot 97.5 and 103.9, Phoenix



Sundays with Sumlin is your Sunday afternoon hangout on Hot 97.5 and 103.9 in Phoenix. Every Sunday from 10 a.m. to 2 p.m., Chris Sumlin brings his energy, curiosity, and love for the Valley to the airwaves, creating a space that feels less like tuning in to a show and more like catching up with a friend.

Known to his audience as “your friend Chris Sumlin,” Chris has built his platform by bringing people together. He knows what’s happening around town, loves a good pop culture conversation, and has a way of making listeners feel like they’re part of it all. On Sundays with Sumlin, that same spirit comes through the speakers as he shares the music, stories, and moments that make a Sunday in Phoenix feel special.

Chris’s connection to the city extends well beyond the studio. As an event host, content creator, and Phoenix New Times’ 2026 Best Nightlife Guru, he spends his week meeting the people and visiting the places that give the Valley its character. He brings those experiences with him when he gets behind the mic.

Whether you’re getting ready for brunch, heading across town, working, or relaxing at home, spend part of your Sunday with Chris. Expect good music, familiar conversation, and a host who’s always glad you stopped by.

Every Sunday, 10 a.m. to 2 p.m. | Hot 97.5 and 103.9

Official station weekend lineup

MEDIA BIOGRAPHY / AUTHOR

Chris Sumlin

Author, media personality, event host, and founder of Sumlin Media Group

Chris Sumlin is a three-time author whose books turn personal experience into encouragement for people finding their way. In Dealing with This Thing Called Life, Dealing with This Thing Called College, and Halfway Thru My 20s, he shares honest stories and practical lessons about growth, education, and pursuing big goals. A Morehouse College graduate with a master's degree in television from Boston University, Chris has carried that same belief in the power of a good story into his work as a media personality, event host, and founder of Sumlin Media Group. Whether he's writing, speaking, or bringing people together, his goal is to help others see what's possible for themselves.

BOOKS BY CHRIS SUMLIN

01 **Dealing with This Thing Called Life**

02 **Dealing with This Thing Called College**

03 **Halfway Thru My 20s**

MEDIA CONTACT

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