

For Immediate Release
October 27th, 2011

A LIFE ONCE LOST Confirmed to Perform New Music at Day Two of METAL SUCKFEST in NYC Next Saturday, November 5th, 2011 – Get Your Tickets Now!

LIVE NATION METALSUCKS @indiemerchstore
present:

THE METAL SUCKFEST

DAY 1	DAY 2
MUNICIPAL WASTE	CYNIC
GOYFORD	Obscura
today is the day	The Real Chord
this hell	Life Once Lost
HONK	SCALETHERSUMMIT
Black Tusk	LAST CHANCE TO REASON
MAGRINDER	FIGHT AMP
AWNING SEED	ROSETTA
PRIME EVIL	

ADDITIONAL SUPPORT FROM
Bitchin' Yew METAL INJECTION METAL INSIDER

THE GRAMERCY THEATRE
NOVEMBER 4TH & 5TH, 2011 NEW YORK CITY
Tickets available at LiveNation.com

New Album Drops in Spring 2012 with Season Of Mist

Philadelphia, PA's **A LIFE ONCE LOST** is confirmed to perform new music from their upcoming album releasing this spring with Season of Mist at day two of MetalSucks.net's inaugural Metal Suckfest. Day two of the fest will take place next Saturday in New York City on November 5th, 2011 and also features headliners **Cynic, Obscura** and **The Red Chord**.

"We are all extremely excited to be a part of the inaugural festival that will be one to remember," states vocalist Bob Meadows. "MetalSucks should think about re-naming this to "METAL IS THE SHIT" Festival for next year because this line-up doesn't suck at all. Stoked to see our old friends in the newly renamed "GUY'S RED CHORD" and new friends in "LAST CHANCE TO PLEASE ME"! See you all there stoned, drunk or sober - come say hi and I'll give you a hug."

The Metal Suckfest is a two day festival taking place in New York City at the Gramercy Theater on November 4th and 5th, and will also feature performances by many more of today's most highly-demanded bands such as **Municipal Waste** and **God Forbid** on day one. Also, an official festival pre-game party was just confirmed for November 3rd featuring performances by **Mayhem, Keep of Kalessin**, and more. There are a total of 20 bands currently confirmed for the fest and tickets are selling fast. To get your tickets, head to LiveNation.com now! This is the only confirmed chance to see **A LIFE ONCE LOST** in the New York City area this year.

A LIFE ONCE LOST tour dates:

11/2 Doylestown, PA @ Siren Records – headlining with **Rosetta, Fight Amp**

11/3 Syracuse, NY @ Lost Horizon – headlining with **Fight Amp**

11/4 Wallingford, CT @ Cherry Street Station (21+) – headlining with **Rosetta, Fight Amp**

11/5 New York, NY @ Gramercy Theater - Metal Suckfest Day 2 w/ **Cynic, Obscura, The Red Chord** & more!

12/15 Poughkeepsie, NY @ The Loft – headlining with **Tiger Flowers**

12/16 Clifton Park, NY @ Northern Lights – performing with **Suffocation**

1/6 West Chester, PA @ The Note - with **All Else Failed**

1/7 EAST COAST SHOW TBA

Keep your eyes and ears open for more information about the band's upcoming full-length, coming soon. For more information on **A LIFE ONCE LOST** please visit:

www.alolmetal.com

www.myspace.com/alifeoncelost

www.twitter.com/alolmetal

www.facebook.com/alolmetal

For press inquiries and additional information, please contact Adrenaline PR and Maria Ferrero at 732-462-4262 or maria@adrenalinepr.com.

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