

For Immediate Release
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A LIFE ONCE LOST Adds Select East Coast Tour Dates to Fall Touring Schedule



New Album Drops in Spring 2012 with Season Of Mist

Performing at Day 2 of Metal Suckfest in NYC on November 5th, 2011

Philadelphia, PA's **A LIFE ONCE LOST** have added several individual East coast performances to their upcoming fall touring schedule. The band plans to showcase brand new, never-before-heard music that is set to appear on their upcoming full-length releasing with *Season of Mist* next spring. These shows are a prime chance to hear the band's unreleased material before it hits the masses, so make sure to grab your tickets soon at your local venue! See below for a full overview of confirmed dates.

ALOL will close these tour dates with a performance at day two of MetalSucks.net's inaugural Metal Suckfest in New York City on November 5th, 2011. 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, and **Cynic**, **Obscura** and **The Red Chord** on day two. There are a total of 16 bands currently confirmed for the fest, and more are set to be added soon. To get your tickets for Metal Suckfest, head to LiveNation.com now.

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**

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

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