

For Immediate Release
September 7th, 2011

**A LIFE ONCE LOST Scheduled to Perform at Day Two of
MetalSucks.net's Inaugural METAL SUCKFEST in NYC on November
5th, 2011**

LIVE NATION METALSUCKS indie merchstore
present:

THE METAL SUCKFEST

DAY 1	DAY 2
MUNICIPAL WASTE	CYNIC
GOD FORGED	Obscura
today is the day	The Red Chord
HOWL	Life Once Lost
Black Dusk	SCALE THE SUMMIT
MAGRUDERGRIP	FIGHT AMP
RIPPING SEEDS	ROSETTA
FAME EVIL	(Logo)

ADDITIONAL SUPPORT FROM
Brooklyn Vegan METAL INJECTION METAL INSIDER

THE GRAMERCY THEATRE
NOVEMBER 4TH & 5TH, 2011 NEW YORK CITY

New Album Drops in Spring 2012 with Season Of Mist

Promising to be the first of several shows leading up to the release of their highly-anticipated sixth full-length release with Season of Mist, Philadelphia, PA's **A LIFE ONCE LOST** are scheduled to perform 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, head to LiveNation.com at 12pm ET on Friday when tickets go on sale, because this is the only currently confirmed chance to see **A LIFE ONCE LOST** in the New York City/Philadelphia area this year.

"Everyone here in the **ALOL** circle is stoked on the chance to debut some new songs we have been working on at Metal Suckfest," states vocalist Bob Meadows. "Leave your pre-conceived notions at the door and arrive with open expectations."

The band recently announced their latest endorsement with Warwick/Framus International and the addition of new drummer, Philadelphia native Jordan Crouse. The band is currently finishing their follow up to 2007's ***Iron Gag***. The band is looking forward to releasing the upcoming record during the spring of 2012 on their new label, Season of Mist. Season of Mist is home to many other impressive international acts such as **Atheist**, **Cynic**, **Dillinger Escape Plan**, **Kylesa**, **Mayhem**, **Morbid Angel**, and **Watain**.

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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