

**the {m} media collective**

\* cover art attached

**For Immediate Release**

Media Contact:

Velvet Kelm & Courtney Hyder

The {m} Media Collective

[Velvet@theMcollective.com](mailto:Velvet@theMcollective.com)

[Courtney@theMcollective.com](mailto:Courtney@theMcollective.com)

615.591.7989

"... A sentimental triumph." - Alternative Press



**RELIENT K DELIVERS FORGET AND NOT SLOW DOWN TODAY**

**MEDIA CELEBRATE BANDS' RETURN WITH KILLER REVIEWS**

Nashville, Tenn. October 6, 2009... Relient K delivers *Forget And Not Slow Down* today, the first project since taking helm of their newly revived record label, Mono Vs. Stereo. *Forget and Not Slow Down* is available nationwide in conjunction with JIVE Records.

Along with a top 10 Christian rock song with the title track, media have responded with killer reviews for the CD that is said to carry the 'break-up album' into the 21<sup>st</sup> century:

"Singer Matt Thiessen has bounced back with the best choruses and most emotionally charged songs of his career." - Absolute Punk

"yet another heartfelt pop album that should break the glass during the latter part of this year." - Cleveland Leader

"... A sentimental triumph." - Alternative Press

*"...energy and originality..." - Dallas Morning News*

*"Easily one of the best projects of 2009....one of the better rock bands of our time."- Jesus Freak Hideout*

*"A thoughtful, organically crafted rock sound. It's still fast-paced and fun, but fuller, darker and sweeter in its progression." - Christian Music Today/Christianity Today*

*"If Forget and Not Slow Down is a signal of things to come, it's soon going to be hard to call Relient K a pop-punk band anymore." - HM magazine*

On this latest release, the band teamed up with longtime producer Mark Townsend, and enlisted legendary mixer Andy Wallace (Nirvana, Jeff Buckley, Sheryl Crow), following lead singer Matt 's isolating retreat to a remote house in Winchester, TN to write material for the new record. During his sojourn, Thiessen stayed in constant contact with Hoopes and the rest of the band – drummer Ethan Luck, bassist John Warne and guitarist Jon Schneck - sharing song ideas and mapping out a direction for the album. One guiding principle soon emerged: this record should rock.

Relient K also embarked on "A Three Hour Tour" with Copeland and Barcelona last week in Connecticut. Remaining tour dates are listed below. They will also hit the road for TobyMac's Winter Wonder Slam tour on November 19, dates for which are also listed.

*Relient K has been making the real thing since 1997, when Thiessen and Hoopes formed the band in high school. In the decade since, they've released five full-length albums (three are certified Gold), five EPs and a Christmas record. They have toured the globe, and racked up several hit singles, a Grammy nomination, two Dove Awards and performances on The Tonight Show with Jay Leno, Late Night with Conan O' Brien and Jimmy Kimmel Live. The Los Angeles Times has praised Relient K for "its smart blend of punk pop and power pop, weaving together influences as diverse as the Beach Boys, Blink-182 and Fountains of Wayne" while Spin noted, "Few bands play punk-influenced modern rock as proficiently."*

# # #

[www.relientk.com](http://www.relientk.com)  
[www.myspace.com/relientk](http://www.myspace.com/relientk)  
[www.twitter.com/relientk](http://www.twitter.com/relientk)

"A Three Hour Tour" schedule

\* all dates subject to change, please visit [www.relientk.com](http://www.relientk.com) for most updated information

10/1	New Haven, CT	Toad's Place
10/2	Philadelphia, PA	Theatre of Living Arts
10/3	Farmingdale, NY	Crazy Donkey
10/4	Boston, MA	Paradise Rock Club
10/6	Towson, MD	Recher Theatre
10/8	Knoxville, TN	Bijou Theatre
10/9	Charlotte, NC	Amos' Southland
10/10	Atlanta, GA	Variety Playhouse
10/11	Nashville, TN	Rocketown
10/13	Chicago, IL	House of Blues
10/14	Minneapolis, MN	The Cabooze
10/15	Kansas City, MO	Beaumont Club
10/16	Denver, CO	Ogden Theatre
10/19	Dallas, TX	Palladium Showroom
10/20	Houston, TX	Warehouse Live
10/21	Midwest City, OK	Rose State College
10/22	Tulsa, OK	Cain's Ballroom
10/23	Des Moines, IA	People's Court
10/24	St. Louis, MO	The Pageant

**WINTER WONDER SLAM:**

November 19	7pm	University Park, PA	Bryce Jordan Center
November 20	7:30pm	New York, NY	Hammerstein Ballroom
November 21	6pm	Fairfax, VA	Patriot Center
November 22	6pm	Pittsburgh, PA	Mellon Arena
November 28	6pm	Jonesboro, AR	ASU Convocation Center
November 29	6pm	Louisville, KY	Broadbent Arena
December 3	7:30pm	Ft. Wayne, IN	Huntington University Merillat Complex
December 4	7pm	Cedar Falls, IA	McLeod Center
December 5	6pm	Grand Forks, ND	Alerus Center
December 6	6pm	Bismarck, ND	Bismarck Civic Center
December 8	7pm	Boise, ID	Idaho Center
December 10	7pm	Spokane, WA	Spokane Arena
December 11	7pm	Abbotsford, BC	A.E.S.C
December 12	6pm	Kent, WA	ShoWare Center
December 13	6pm	Salem, OR	OSF Pavilion
December 15	7pm	Sacramento, CA	tba
December 17	7pm	Fresno, CA	Selland Arena
December 18	7pm	Las Vegas, NV	Orleans Arena
December 19	6pm	Ontario, CA	Citizens Bank Arena
December 20	6pm	Phoenix, AZ	US Airways Arena