

THE LONESOME HEROES

SEASONS CHANGE



RECOMMENDED TRACKS: 6, 10, 3, 2, 5, 1

FCC: None

TRACK LIST:

1. Placebo Sun - 3:22
2. Prayer and Gasoline - 4:08
3. Everything's Been Looking Up - 2:41
4. Red River - 2:54
5. Black Coffee & 3 Cigarettes - 2:46
6. Summertime Breeze - 2:52
7. Warm Tears & Honey - 2:42
8. Footsteps - 4:43
9. Working All Night - 3:45
10. Seasons Change - 2:45

The Lonesome Heroes have been dancing the line between indie, country, and Americana sounds for nearly two decades in Austin, Texas. **Seasons Change** paints a picture of sonic and scenic landmarks - a mural of musical influences inspired by interstate miles. Restless rock & roll, lackadaisical honky-tonk and a modern take on Cosmic American Music all converge here in the sixth album of the Heroes discography.

With little pre-production, the band ventured to Austin's 5th Street Studios with producer **Ryan Joseph** (Leon Bridges, White Denim, Shawn Hess) just months after releasing 2022's **Rise & Fall**. Joseph captured a mix of road tested songs and newly written material in three quick sessions, letting the group make decisions on the fly while keeping the knobs spinning. Nearly every track was cut live, letting the Heroes do what they do best - have a great time making music together.

Frontman and songwriter **Rich Russell** happily let go of the reins on the pen this go round, co-writing half the album with Austin friends **Ron Scott**, **Jake Klar**, **Hayden Butler**, and **David Longoria** (Longriver, The Black). Covers from two favorites - **Johann Wagner** and **Travis Champ** - also complement the project's collaborative efforts. *Seasons Change* is a sum of all the players, writers and songs.

The Lonesome Heroes are Rich Russell, Ben Gallaway, Brandon Gonzales, Braden Guess, Sarah Millenary, and "Sweet Gary" Newcomb. Special guests include Chris Konte, and longtime Lonesome Hero **Kullen Fox** (Charley Crockett).

Originally from Brooklyn, New York, Russell has led the outfit across the country many times over and toured internationally in Australia. They have shared the stage with **Sierra Ferrell**, **Bahamas**, **Nick Shoulders**, **Sam Doores**, **Ryley Walker**, and most recently **John R. Miller**.

"The Lonesome Heroes, who've endured the rinks of the local live scene (and far beyond) for nearly twenty years now, weaving between the best parts of indie, country, and Americana. Most recently, this veteran quintet scored another milestone with their sixth LP Seasons Change, which has already racked up some impressive streaming numbers in the short time since its November release."

kutx98.9

"Rich Russell and his band of merry rockers load up LP six, Seasons Change, which cuts more subtly than their usual brand of jangled Americana. Apt to the title, the album turns through thoughts of getting older, life on the road, and wild flashes of revelation. Fifteen years in, Russell's voice cuts dustier, his heart a little wearier, but his eyes still glow with wonder."

**THE AUSTIN
CHRONICLE**

"The Lonesome Heroes is one of the best Americana bands working in Austin. They have a mellow, upbeat sound distinguished by enigmatic lyrics that flow from Rich Russell's seeming bemusement with whatever life throws his way. Their music is thoughtful and fun. A Lonesome Heroes show is good for two-stepping, kicking back with a few beers, or diving into their kaleidoscopic lyrics."

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