

Mp3 Middle Distance Runner - Plane In Flames



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SPIN Magazine - The SPIN 101 Best Nights Out This Month - July 2006 "These insanely catchy rockers are the city's pick-to-click for mainstream success." 10 MP3 Songs POP: British Pop, POP: Beatles-pop
Details: Middle Distance Runner was formed in 1998 by Allan, Erik, and Steve. At first, we were sad teenagers, but now were young adults and we make happier music. Jay came and added bwoop sounds. Ian made low notes. Soon the band was ready! But alas, we had no songs. We wrote some and we play shows now and the women in the crowd goes wild for our good looks that we have. Washington DC is our city and we like it that way. We give out CDs for free, sometimes with unique drawings. Middle Distance Runner plans to spiral out of control and implode by 2015. In fact, make that a promise.

===== PRESS CLIPPINGS: *July 2006 - SPIN Magazine - The SPIN 101 Best Nights Out This Month "These insanely catchy rockers are the city's pick-to-click for mainstream success." *May 2006 - On Tap Magazine (ontaponline.com) "What is so remarkable about Middle Distance Runner is the maturity that their songs possess, especially given the fact that the majority of them are younger than 24. In putting together their first proper record, this DC based band invokes the best of Radiohead, U2, Doves and others, but remains a unique voice unto itself. Vocally, Stephen Kilroy is dead on, commanding a soaring tenor armed with sophisticated, thoughtful lyrics. But he is carried by the band's masterful arrangements; MDR's best characteristic is their ability to write in the best interest of the song, resulting in tunes that are dynamic and confident. MDR is a band making some seriously powerful music -- it will be amazing to see what they do as they continue to grow as musicians and people." *April 2006 - On Tap Magazine (ontaponline.com) "As I listen to Middle Distance Runner's "Plane in Flames" searching for the usual comparisons that reviewers like to make, I'm coming up empty. And that is what makes Middle Distance Runner one of D.C.'s most exciting bands. Though not openly derivative of any one band or

style, "Plane in Flames" is simultaneously familiar and provocative. It is extremely difficult to write succinct and interesting pop songs, but MDR accomplishes it with flying colors on "Man of the People" and "Shoot the Shit," both of which clock in under the three-minute mark. But the best songs here are the most innovativethe blip synth opening of "Hooks" is deceptive of its crushingly beautiful second half, making it the album's stand out track. This is undoubtedly one of the best records I have heard this year, local or otherwise." *March, 2006 - Washington Post (washingtonpost.com) "Bands hoping to make a name for themselves could look to local quintet Middle Distance Runner for some tips. The group has made its music readily available -- leaving free CDs at Iota, handing them out after shows at the 9:30 club -- and it seems to be paying off. The group has packed them in at recent gigs and another sellout tonight at Iota wouldn't be much of a surprise. MDR's sound clearly draws on mid-'90s British rock -- think pre-OK Computer Radiohead, Blur, Oasis -- and exudes a confidence and professionalism that many young bands lack. Maybe that's why they are so eager to get their music into people's hands." *February, 2006 - Washington City Paper (washingtoncitypaper.com/archives/indc/popquiz/2006/pop0224.html) We're awarding a Gold Medal to the inspiring rockletes of MIDDLE DISTANCE RUNNER. Stephen Kilroy (vocals/guitar/keys), Erik Dean (drums), Allan Chappelle (guitar/keys), Jay Smith (guitar), and Ian Glinka (bass) have created the new now sound. Songs such as "Man of the People," "Up in a Tree," and "Shoot the Shit" bring honor and glory to our nation.

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