



ATHLETICS

7 years. That's how long it's been since the members of Asbury Park's **ATHLETICS** have shared the stage. But some connections never fade, they simply can't be denied. As life moves us in different directions and take us down varied paths, we often find ourselves coming back to the connections we formed that helped shape us into who we are. It's this shared bond between Jimmy, John, Howie, Zach and Garrett that has Athletics reuniting, rehearsing, recording and reshaping their futures, going all-in for 2024 as if they never left the stage together.

While there is a lot to come from Athletics in 2024, today Deep Elm Records is please to announce the re-release of Athletics' single **When To Run** on all digital platforms across the globe for the first time.

"Deep Elm helped Athletics reach listeners and establish lifelong connections with fans all over the planet. Our initial self-release of 'When to Run' back in 2016 was us keeping the band moving forward as best as our personal lives would allow at the time. We are proud of what we accomplished then, and proud for it to have its proper home with the rest of our catalog on Deep Elm Records in 2024 and beyond," says drummer John Cannon.

Additional releases by Athletics include *Why Aren't I Home?* (debut, Oct 2010), *Stop Torturing Yourself* (Jun 2012) and *Who You Are Is Not Enough* (Apr 2014) all on Deep Elm. The band formed in Upstate New York but now predominantly resides in the musically rich, seaside capital of the New Jersey Shore...Asbury Park. And yes, Athletics really is as good as everyone says they are.

Athletics will perform at Post Festival @ Hi-Fi in Indianapolis, IN on July 25-27th.

Athletics is Jimmy Boyce (guitar), John Cannon (drums), Howie Cohen (guitar, vocals), Garrett Yaeger (guitar, piano, vocals) and Zach West (bass). Artwork by Jimmy Boyce. Band photos by Nick Marraro. Drums engineered by Chris Vandeviver at Brass Palace. Guitars, bass and vocals engineered by Pete Steinkopf at Little Eden. Mixing by Greg Dunn of Moving Mountains. Mastering by Mike Kalajian at Rogue Planet Mastering.

"Nothing short of breathtaking. Sophisticated artistry with a beautiful edge." - *Idobi*
"Athletics have carved a sweet spot in post-rock. The highest praise possible." - *AmpKicker*
"Remarkable. So unbelievably unique. Excellent writing and lyricism." - *Muzik Dizcovery*

For Fans of: *The Appleseed Cast, Explosions In The Sky, Moving Mountains, Last Lungs*

