



Press Release April 15, 2015

**Jonathan Foster – Help Me Run**  
CD & Digital Release **May 5, 2015**

Track List (Playing Time 46:07):

1. Ride The Train
2. Jonathan
3. Mixing The Medicine
4. River's Name
5. Susan
6. The Rope
7. Help Me Run
8. Black Canyon
9. Rockabilly Roller
10. American Highway
11. Live To Create
12. Two Wheels
13. Goodnight Rohan



Singer-songwriter Jonathan Foster (vocals, rhythm guitars) returns after his 2013 LP *Sabbatical* with a virtuous Americana album entitled *Help Me Run*, co-produced by Foster and Bruce Turgon. Foster is complemented by accomplished Northern California musicians Morgan Hannaford (upright & electric bass, mandolin), Tracy Manuel (drums, percussion, vocals), and Ron Gillette (lead guitars) with special guests Katrina Ericson (vocals), Jim Dyar (guitar & vocals), Torri Pratt (vocals), Joe Misztal (drums), and Susie Foster (fiddle). Written and performed at the crossroads of prevailing American life, *Help Me Run* showcases Foster's artistic taste in songwriting where the land, highway, people and music meet. Starring rivers, trains, roads less travelled and familiar names, *Help Me Run* pushes past cruise control with stories of hope, death, and the allure of the outdoors. Jonathan is one of the founding independent artists of Miracle Mile Records and will be touring this summer in support of the new album.

Engineered, mixed and mastered by Bruce Turgon  
After Hours Recorders, Redding, CA  
Copyright 2015 - All Rights Reserved  
All song by Jonathan Foster (BMI)  
Except #3 by Foster & Ron Gillette and #9 by Foster & Sean Randall. Cover photo by Shelley Edwards  
Design by Tracy Manuel  
Info: [www.JFMusic.net](http://www.JFMusic.net)  
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**Current Tour Dates:**

Jul 16 - Shanachie Pub – Willits, CA  
Jul 17 - Vintage – Redding, CA  
Jul 19 - Ponderosa Saloon – Virginia City, NV  
Jul 23 - Morrison Holiday Bar – Morrison, CO  
Jul 24 - Tru Cafe – Kearny, NE  
Jul 25 - Uncommon Grounds – Chicago, IL  
Jul 27 - Boulder Coffee – Rochester, NY

Aug 6 - Pinecone Grill – Wanakena, NY  
Aug 7 - P2's Irish Pub – Tupper Lake, NY  
Aug 9 - Silvana – New York, NY  
Aug 12 – The Shrine – New York, NY  
Aug 13 - The Light Well – Orange, VA  
Aug 15/16 - Purple Fiddle – Thomas, WV  
Aug 17 - Barking Spider – Cleveland, OH  
Aug 18 - Acoustic Coffeehouse – Johnson City, TN  
Aug 19 - Evangeline's – St. Louis, MO  
Aug 20 - Trumpet Blossom – Iowa City, IA  
Aug 21 - Tru Café – Kearney, NE  
Aug 22 - Laughing Goat – Boulder, CO  
Aug 25 – Streetcar Bistro & Taproom – Portland, OR  
Aug 26 - Kulshan Brewing – Bellingham, WA  
Aug 27 - Tim's Tavern – Seattle, WA  
Aug 28 - The Black Dog – Snoqualmie, WA  
Aug 29/30 - Anelia's Kitchen & Stage – La Conner, WA

**Miracle Mile Records | Redding, CA | [info@miraclemilerecords.com](mailto:info@miraclemilerecords.com) | [www.miraclemilerecords.com](http://www.miraclemilerecords.com)**