

the Insomniacs

BAND INFORMATION/BIO SHEET • BAND INFORMATION/BIO SHEET • BAND INFORMATION/BIO SHEET

THE INSOMNIACS – THE STORY SO FAR

Forming in 1989 after the breakup of their previous band The Tea Club, The Insomniacs rehearsed and played several local showcases before releasing their debut 7", "My Favorite Story" on Umbrella Records in 1991. Based on the favorable reviews worldwide and the overall reception that the 7" received, the Insomniacs headed back in the studio and released a follow-up 7", "Time Ticks By" (also on Umbrella) in the Fall of 1992.

On the strength of their first 2 singles, Outer Limits Records in Berlin approached the band about recording a single as the label's premier release. Soon thereafter, Estrus Records (who were distributing the Umbrella and Outer Limits records), released a 6 song self-titled 10" EP (commonly known as 'the ghoul record'). In early 1994, the band traveled to Europe to commence a mini-tour of Germany and Amsterdam to promote the singles and 10". 1994 came to a close with Outer Limits rush-releasing the "Sylvia Gray" EP and an appearance in Athens, GA at the Beefstock extravaganza.

In the Fall of 1995, the band once again headed south for a mini-tour to promote their "Wake Up!" compilation on Estrus. Later in the year, The Insomniacs guested at the Estrus Records Midwest Invitationals in Chicago alongside The Mono Men and other Estrus label mates. Finally, the band took part in NYC's Garage Rage Festival in December of that year.

In 1996, the band released a teaser 7" for their upcoming full-length, "Already Down". Taking a break from recording, the band played the Crap Out Festival in Las Vegas and a Caravan of Estrus Recording Stars tour of California. While recording and mixing were finished later in the year, the band's full-length "Out Of It"'s release was delayed by the great Estrus warehouse fire. The record was finally released in March of 1997. Once again, the band followed the scent of barbecue pork and headed south to Atlanta for Fuzzfest '97. In the fall of that year, the band continued their festival motif with appearances at Leon, Spain's Purple Weekend, NYC'S Cavestomp Festival, Bellingham, WA's Garage Shock, and took part in the Mono Men's farewell shows in Chicago.

In 1998, they did a mini-tour of the Midwest on their own. In November of 1998, the band released a new 7" on Estrus, "Guilt Free". At the start of 1999, the band returned to Spain for a week long tour and another trip to Bellingham for Garage Shock '99.

In the summer of 1999, The Insomniacs began recording tracks for "Get Something Going!", the follow up to "Out Of It". Recording and mixing was finally finished in early winter of 2000. That summer, the band traveled to Sin City to guest at the fabulous "Las Vegas Grind."

"Get Something Going!" was released on September 5th, 2000, on Estrus Records. Another Midwest tour followed in support of the new record, culminating in appearance at Little Steven's Cavestomp Concert Series in New York City. The band headed back into the studios in the Spring of 2002 to record the "Maryanne Lightly" single, the first new Insomniacs product in nearly two years. The Maryanne Lightly 45 was picked by Little Steven as the "coolest song in the world this week" on his Underground Garage radio program. June of the year had the boys heading north to Montreal, Canada for a slot at the "Dance to Keep From Crying" Mod Allnighter rally.

In the downtime for the band, Robert began recording with The Dirty Knees, a garage supergroup of sorts made up of members of Lord John and The Swingin' Neckbreakers. Their Aural Sensations ep was released by Umbrella in 2003. Meanwhile, Mike began the first of his projects with The Royal Purple, a studio conglomeration comprised of Stu from the Creatures of the Golden Dawn and assorted musical guests, their Spearmint Experiment and Instant Analysis were also released by Umbrella.

Towards the end of 2003, the band headed back to the studios, this time at Dan's House Studios near their beloved Bethlehem, PA to begin recording what was to become the Switched On! LP. The sessions were recorded by Dan Mackinney, ex-Original Sins, who provided the swirly keyboards heard on the record. The drawn out recording process allowed the band to expand its patented hooks and grooves to include a bit of country twang and eastern sitar and even a proper ballad. A few radio sessions (for WMFU radio, archived at WFMU.org) to promote the record followed. The title track from the album was again praised as Little Steven's "coolest song in the world this week."

The band heads off to The Netherlands for The Primitive Festival in June of 2006.

More to follow....

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