

KEVIN SECONDS

HEAVEN'S NEAR WHEREVER YOU ARE



CD HED-095



Kevin Seconds is a busy guy.

Besides his longtime duties (21 years!) as lead vocalist and songwriter in influential American hardcore band 7 Seconds, he manages to put in time leading his rockin' and punky pop band Go National, runs his own small record label and booking agency, is a freelance writer for several publications, helps handle booking at one of Sacramento's top live music venues, and on occasion has even been known to "manage" a wrestling tag-team in a Northern California-based pro-wrestling outfit. After all that, he still finds time to focus on a budding solo "thing", and that's why you find this bio in front of you.

Taking his lifelong love for well-written and edgy pop music (think Mark Bolan, Jonathan Richman and Elvis Costello), and uniquely blending it with the finer aspects of folk, lo-fi pop and punk rock, Kevin has truly come into his own as a captivating singer-songwriter and performer, releasing 2 albums, a handful of singles and cassettes and playing with the likes of Elliot Smith, John Doe, Ween, Jonathan Richman and Ben Lee, among others. Slowly but steadily, he's built up an enthusiastic and devoted fanbase over the past 5 years.

Says Kevin, "When people think of my musical output, they probably think of the goofy guy who shouts in 7 Seconds and I love that. I wouldn't trade that for anything. But as far back as I can remember, my true love has been and probably always will be sitting around at home with my guitar and my 4-track, trying to write that one perfect pop song at 3 in the morning while the wife is sleeping downstairs. I live for those moments. That is what I see myself doing in the not too distant future when I'm too old to be fronting a punk rock band. That, I could live with."

In the past 2 years, Kevin has toured the country, playing every club and coffeehouse possible, developing into the singer-songwriter he's always wanted to be.

"If it's heartfelt, homespun music you want, look no further than the living room of Kevin Seconds in Sacramento, California." • CMJ Magazine

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