

RUN for COVER

run4coverband.com

Email: info@run4coverband.com

Chris Hansen ph: (401)539-4672

Laurie Schaeffer ph: (860)889-5895



Party Rock

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Bio: It's hard to believe that it was back in 1995 that a local group of runners, who also happened to be musicians, thought that it would be fun to put together a band to play at their annual Mohegan Strider Running Club Banquet. Founding member Chris Hansen (lead guitar/keyboard) and others brainstormed about the concept of forming a band while watching live music after a local road race. They evolved quickly into a small group of runners/musicians to give the new idea a try.

The first time the band performed, it was an unforgettable rush. All band members had performed for years before, but the 100 or so club members in attendance at the first gig didn't know what to expect. The facial expressions of the crowd went from, "can these guys play?" to "Wow! They're really good." It was fun and encouraging to the newly formed band, to see everyone have a great time that night.

Three more years passed of playing club functions, and the band picked up yet another running club member, Laurie Schaeffer (vocals/keyboard). Laurie can wail; a true rock vocalist who can cut through a mix. With even more energy and vocals up front, the addition of a female singer added a whole new range of music to perform.

Run for Cover started to play other private functions strictly by word of mouth. Quickly clubs, colleges and outdoor venues wanted to book Run for Cover. The mix of music seems to please a wide range of ages and styles. This is probably due to the varying musical tastes of the members. As can be seen by the song list, the band plays a variety of genres including favorite rock anthems, pop, reggae, funk, blues, alternative and country.

Run for Covers current lineup features, Tom Roemmele, (bass guitar/saxophone/vocals), who played with Chris in Last Summer in the early 90's, recently returned from the West after 20 years. During that time Tom toured with Under the Gun (featuring Kenny Carter of The Guess Who). Tom opened for internationally known recording artists Peter Frampton, Stephen Stills, 38 Special, Bad Company, Steppenwolf, BTO and Creedence Clearwater Revisited. Tom holds a bachelor's degree in music from the University of Connecticut.

Adam Leighton, (drums/vocals) who played with Chris and Tom in Last Summer in the early 90's, recently returned to Run for Cover. He can handle any style of music thrown at him with authority and with his unshakeable composure the beat stays right in the pocket.

Over the past several years Run for Cover has been playing Clubs, Colleges, summertime outdoor venues and private events throughout CT and RI. We've taken great pride in always being asked to come back again. We love to perform, and it shows.

What attributes sets Run for Cover apart from others?

- **For over 20 years we have kept all ages entertained with our brand of high energy upbeat music.**
- **A family-friendly set list that spans six decades of great music.**
- **RUN for COVER is entertainment for everyone!**

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Sample of Venues:

Black Sheep – Niantic, CT
Brown Derby – Uncasville, CT
Burkes Tavern – Niantic, CT
Bushnell Park – Hartford, CT
Calabrese Club – Westerly, RI
Oakdale Pavilion Summer Music Series– Oakdale, CT
Connecticut College – New London, CT
Cornfield Point – Old Saybrook
Dodd Stadium – Norwich, CT
Glastonbury Apple Harvest Festival – Glastonbury, CT
Hideaway at Billy Tee's – Cromwell, CT
Higganum Green Summer Concert Series - Higganum, CT
Jennings Beach – Fairfield, CT
JB Sports Events Management Co. – Sporting events in CT
Lebanon Fair – Lebanon, CT
New Haven Green – New Haven, CT
Ninegret Park Summer Music Series – Charleston, RI
Ocean Beach Summer Concert Series – New London, CT
Relay For Life – New London, CT
Rocky Neck State Park – Niantic, CT
Sneeker's Café – Groton, CT
South County Commons Summer Music Series – South Kingston, RI
Stash's Café – New London, CT
Sunset Ribs – Waterford, CT
Toad Place – New Haven, CT
Westerly Yacht Club, Westerly, RI
Yellow Kittens – Block Island, RI

Testimonials:

"Thank you Laurie. You guys were great and added a lot of energy to the festival....the kids especially loved dancing with your guitarist! Contact us in Feb/March about the summer music series."

Ginger Lynn

Glastonbury Chamber of Commerce

"On behalf of the Winterfest Committee and all the people who attended Winterfest, we thank you SOOO much for playing for the event. I have heard from many, many people that it was the best one yet, and that's mostly because of you and the band."

Melodie Hamilton

"Bravo! Just want to tell you that I thoroughly enjoyed listening to you and your band Friday night! Great selection of songs and very talented musicians!" - Nancy Zeulch

"Thank you for playing on Friday night! You guys drew in a great crowd! Everyone loved you guys and a lot of people have been asking me about you since then. Run for Cover was the highlight performance of the night! Thank you so much for coming in. I really appreciate it. We loved having you and I hope you'll also consider being part of the event next year."

Thanks again!

Daniela - Connecticut College

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RUN for COVER Line-up:

Chris Hansen – Guitar, Keyboards, wishes he could sing

Adam Leighton – Drums, Backing Vocals

Tom Roemmele – Bass Guitar, Lead Vocals, Backing Vocals

Laurie Schaeffer – Lead Vocals, Keyboards, now she can sing

John Schaeffer – Guitar, Sound



Left to right – Adam Leighton, John Schaeffer, Laurie Schaeffer, Chris Hansen, Tom Roemmele

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RUN for COVER SONG LIST

- | | | |
|-----------------------------------|--------------------------------|-----------------------------------|
| <i>Adele</i> | <i>Collective Soul</i> | <i>Katrina and the Waves</i> |
| Rolling in the Deep | Gel | Walkin' on Sunshine |
| Rumor Has It | <i>The Commodores</i> | <i>Killers</i> |
| <i>All-American Rejects</i> | Brick House | Mr. Brightside |
| Dirty Little Secret | <i>Counting Crows</i> | Somebody Told Me |
| <i>B-52's</i> | Rain King | <i>Greg Kihn</i> |
| Love Shack | <i>Sheryl Crow</i> | The Break Up Song, (Na Na) |
| Roam | My Favorite Mistake | <i>Ben E. King</i> |
| <i>Band Perry</i> | Steve McQueen | Stand By Me |
| If I Die Young | <i>Def Leppard</i> | <i>Elle King</i> |
| <i>Tal Bachman</i> | Rock of Ages | Exe's and Oh's |
| She's So High | <i>Melissa Etheridge</i> | <i>Lenny Kravitz</i> |
| <i>Beatles</i> | The Only One | Are you Gonna Go My Way |
| Birthday' | <i>Eurythmics</i> | <i>Los Lonely Boys</i> |
| Can't Buy Me Love | Would I Lie To You | Heaven |
| I Saw Her Standing There | <i>Eve 6</i> | <i>Huey Lewis and the News</i> |
| <i>Pat Benatar</i> | Inside Out | Workin' for a Livin' |
| Hit Me With Your Best Shot | <i>Fall Out Boy</i> | <i>Magic</i> |
| <i>Black Keys</i> | Sugar, We're Going Down | Rude |
| Gold On The Ceiling | <i>Foo Fighters</i> | Maroon 5 |
| Lonely Boy | Learn To Fly | Maps |
| <i>Blackberry Smoke</i> | <i>Fountains of Wayne</i> | Sugar |
| Rock and Roll Again | Stacey's Mom | Bruno Mars |
| <i>Blind Mellon</i> | <i>Lady GaGa</i> | Locked Out of Heaven |
| No Rain | Bad Romance | <i>Matchbox 20</i> |
| <i>Blink 182</i> | Edge Of Glory | She's So Mean |
| All the Small Things | Pokerface | <i>Delbert McClinton</i> |
| <i>Blondie</i> | <i>Garbage</i> | Monkey Around |
| One Way or Another | I think I'm Paranoid | <i>Mighty Mighty Bosstones</i> |
| <i>Bon Jovi</i> | <i>Gin Blossoms</i> | Impression That I Get |
| It's My Life | Follow You Down | <i>Modern English</i> |
| Living on a Prayer | <i>Grand Funk Railroad</i> | Melt with You |
| Who Says You Can't Go Home | Some Kinda Wonderful | <i>Motely Crue</i> |
| You Give Love a Bad Name | <i>Green Day</i> | Kickstart My Heart |
| <i>James Brown</i> | Know Your Enemy | <i>The Monkees</i> |
| I Feel Good | <i>Guns N' Roses</i> | I'm a Believer |
| <i>Buck Cherry</i> | Welcome to the Jungle | <i>Neon Trees</i> |
| Next to You | <i>Michael Jackson</i> | Everybody Talks |
| <i>Bush</i> | Billie Jean | <i>No Doubt</i> |
| Machinehead | <i>Rick James</i> | Don't Speak |
| <i>The Cars</i> | Super Freak | I'm Just a Girl |
| Just What I Needed | <i>Jefferson Airplane</i> | <i>One Republic</i> |
| <i>Cheap Trick</i> | Somebody to Love | Counting Stars |
| I Want You to Want Me | <i>Jimmy Eat World</i> | <i>The Outfield</i> |
| The Flame | In the Middle | Your Love |
| <i>Kelly Clarkson</i> | <i>Journey</i> | <i>Paramore</i> |
| Heartbeat Song | Lights | Ain't it Fun |
| <i>Eric Clapton</i> | Open Arms | <i>Tom Petty</i> |
| Wonderful Tonight | Stone in Love | American Girl |

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I Need to Know
Listen to Her Heart
Runnin' Down A Dream
You Wreck Me
Wilson Pickett
Mustang Sally
Pink
Get This Party Started
Raise Your Glass
Police
Every Breathe You Take
Message in a Bottle
Grace Potter and the Nocturnals
Paris Oh La La
Pretenders
Brass in Pocket
Chain Gang
Middle of the Road
I'll Stand By You
Queen
Crazy Little Thing Called Love
Bonnie Raitt
Angel of Montgomery

Red Hot Chili Peppers
Dani California
Love Rollercoaster
REM
The One I Love
Kid Rock
Picture
Romantics
What I like about you
Patty Smyth
Good-Bye to You
Rod Stewart
Hot Legs
Shinedown
Second Chance
Lynyrd Skynryd
Sweet Home Alabama
Billy Squier
Everybody Wants You
Sublime
What I Got
Susan Tedeschi
I fell in Love
Rock Me Right

Three Doors Down
It's Not My Time
Tommy Two Tone
Jenny (867-5309)
KT Tunstall
Suddenly I See
Train
Drive By
U2
I Will Follow
One
Vertigo
Carrie Underwood
Before He Cheats
Smoke Break
Weezer
Beverly Hills
Neil Young
Rockin' in the Free World
Led Zeppelin
Rock & Roll
ZZ Ward
Put the Gun Down

Testimonials (cont.):

"The race committee would like to thank "Run For Cover" for your time and talent providing great music for the runners on the Ocean Beach Boardwalk. I would have to say that "Run For Cover" definitely put this event over the top, again! This is a great event and we hope to have your support in the future."

*Thanks Again,
Way Hedding - Race Director*

*"You and your band were great! Thanks for inviting me - we had a great time!"
Allison Campbell*

*"I must have had 10 people tell me how great you were Sat night! Thanks!"
Rhonda Russell Dempsey – Owner, Sneekers Cafe.*

"Your band is totally terrific and Jack and I really enjoyed ourselves Friday night. Just loved the band and getting together with good friends. Let us know of upcoming shows." - Joan Sullivan

*"We had a lot of fun - and we're willing to be your official groupies from now on!"
Lorraine McKinney*

"I wanted to take a minute to thank you and your crew for putting on an awesome show on Saturday night! I know that everyone had fun and we hope that you did too. I'll be sure to put in a good word for you when speaking to younger students who may be planning events in years to come."

*Thanks again!
Annie*

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Equipment: RUN for COVER owns a fully reconfigurable sound system which can address the needs of a small club setting all the way to large open – air outdoor venues. A stage lighting system is also employed for those late night gigs.



*"Thanx for doing a great job @ the race last week, in which I ran! Not often that I hear live bands in Hartford where I know the music (from my era) as I did w/ you folks.
Thank you for your time and again....GREAT job @ Bushnell Park!" -Darryl Johnson*

*"Well done again. Everyone keeps telling me how great you made the night."
Matt Cantner*

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"You were great! It was wonderful that you were able to be at the festival and I do hope to have you back in Glastonbury in the future. See you in March!"

Mary Ellen Dombrowski, CAE

President - Glastonbury Chamber of Commerce



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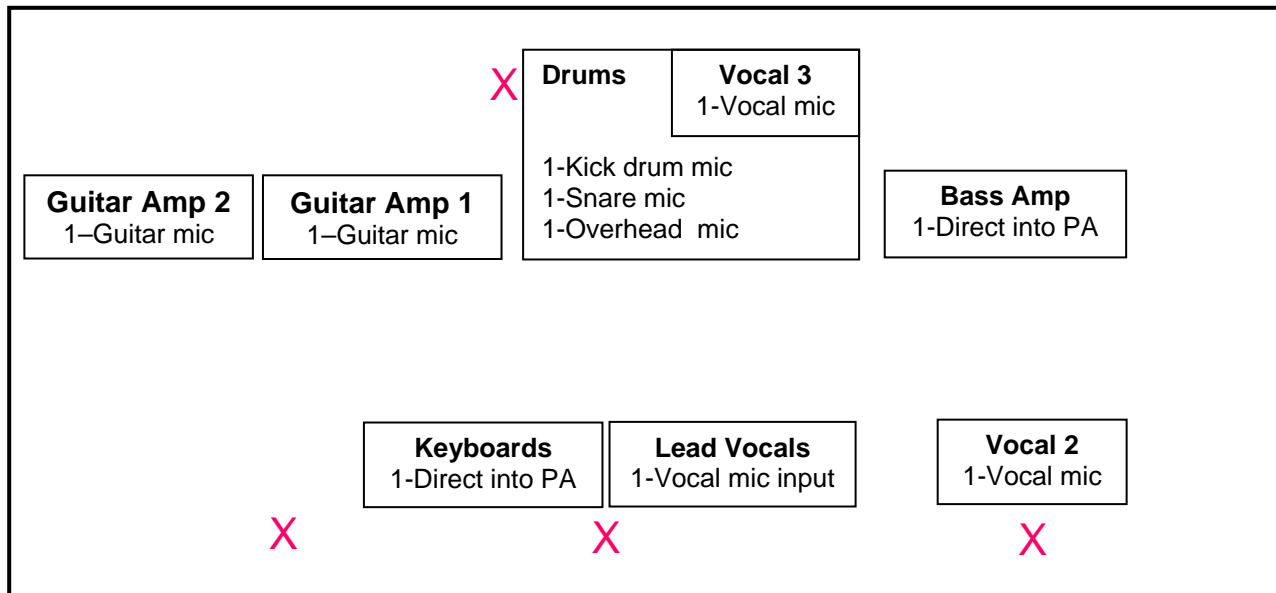
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RUN for COVER Band Stage Plot

Chris Hansen (401) 539-4672

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Band requirements:

1. Monitors: X=monitor wedges (You will decide the amount of monitors, their mix and placement)
2. 2 vocal mics and 1 vocal mic input (Lead vocalist will bring her own wireless mic).
3. 3 drum mics (or what ever you see fit) *Drummer will bring his own drums
4. 1 direct into the PA for the following instruments (keyboards, bass) *Bass & Guitars will bring their own amps. Keyboards will go directly, (mono), into the PA.

*We are easy to work with so YOU set the amount of monitors and placement!

Sincerely,

Chris Hansen

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