

**FOR IMMEDIATE RELEASE**

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**Toad the Wet Sprocket Stops in Bellingham on their Good Intentions Tour**

*Bellingham, WA* — Toad The Wet Sprocket continue to uplift audiences with their melodic alt rock guitars, introspective lyrics, and signature vocal harmonies that catapulted them to mainstream success 30+ years ago! The 2025 *Good Intentions* tour will be traveling around the U.S. with a stop at the Mount Baker Theatre in Bellingham on Thursday, July 24 featuring Semisonic and Sixpence None the Richer.

Throughout their career, Toad The Wet Sprocket have been staunchly independent in their artistic integrity. “We were young and it was us against the record company,” recalls guitarist Todd Nichols of their early days. “We had a bit of punk-rock ethos.”

This commitment to stay true to themselves and DIY mentality also spilled over into the enduring relationship with their fans. Amassing a mailing list of 70,000 at the start of their career, the band forged deep connections with a devout and loyal core of fans, who they’ve continued to grow with.

“It’s like a reunion of sorts,” reflects bassist Dean Dinning. “It’s almost like having family in the audience every night.”

Following the success of their second platinum selling album, *Dulcinea*, Toad The Wet Sprocket released a collection of b-sides and rarities, *In Light Syrup*, in 1995. The album single, “Good Intentions” — the namesake of this upcoming tour — found radio success, peaking at #23 on the *Billboard* Hot 100 Airplay chart and is featured amongst the likes of R.E.M., The Rembrandts, and Barnaked Ladies on the platinum-selling *Friends* soundtrack. It has since been in rotation on set lists including their most recent tours.

“I think the enduring appeal of our band is the songs,” says Dinning. “Even though we were young when we made those early records, they don’t only speak to youth. As people have grown older, the songs have taken on new meaning in their lives.”

“As an artist, it feels good to know we can still make music that’s resonating,” adds singer Glen Phillips. “When we play ‘The Moment’ or ‘Transient Whales’ at our shows now, there’s a huge percentage of the audience who know every word of those songs, too.”

As in years past, Toad The Wet Sprocket will partner with a non-profit organization with shared values to inspire fans and give back. This year, Toad The Wet Sprocket will spotlight the [National Parks Foundation](#) to support and protect our natural treasures.

In addition to the 2025 *Good Intentions* headlining tour, Toad The Wet Sprocket are putting the finishing touches on an acoustic greatest hits album, set for release later in 2025.

### **About Toad the Wet Sprocket**

Toad the Wet Sprocket, the beloved alternative rock band from Santa Barbara, California, first captured audiences in the late 1980s with their heartfelt lyrics and melodic sound. Rising to prominence with albums like *fear* (1991), and *Dulcinea* (1994), they became known for hits such as “Walk on the Ocean,” “All I Want,” and “Good Intentions.” Their ability to blend introspective songwriting with catchy, folk-influenced rock has cemented them as a lasting presence in the music world.

**Location:** Mount Baker Theatre

**Date:** Thursday, July 24, 2025

**Time:** 7:30 PM

**Price:** Tickets start at \$44.75\*

### **Tickets available at:**

<https://www.mountbakertheatre.com/events-tickets/toad-semisonic-sixpence/>

*(Tickets are only available at mountbakertheatre.com. Beware third-party ticket resellers and other websites that may advertise MBT performances.)*

### **About Mount Baker Theatre**

Mount Baker Theatre is a 501(c)(3) non-profit arts organization dedicated to enriching the region’s culture through dynamic performances, arts education, inspiring engagement in the community and stewardship of a national historic treasure. Located in the heart of downtown Bellingham's Art District, MBT is the largest theatrical venue north of Seattle in Washington State. Built in 1927, MBT is the only survivor of the five original movie palaces built in Whatcom County between 1914 and 1930. The building itself is a beautifully restored architectural treasure, listed on the National Register of Historic Places. Since opening day, MBT has been dedicated to showcasing top touring performing arts events, as well as presenting community-driven events and performances, to audiences in the North Puget Sound and the Lower Mainland of British Columbia.

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