

I Ain't Your Med

Release date · 2026-10-02 · Duration 2:38

A bluesy groove, sharp breaks and no interest in being anyone's cure.

Listen on the official music page:

<https://music.adaralfandari.com/aintyourmed>



Collage artwork: Adar Alfandari. Based on Titian's Noli me tangere (c. 1514).

Press release

Berlin alt-rock duo The Running Ducks released I Ain't Your Med on 2 October 2026, a single ahead of their debut album. Built around a catchy, mischievous riff, it moves through a heavy bluesy groove with sharp cuts and cheeky breaks along the way.

The arrangement keeps shifting without turning the song into a puzzle. The groove keeps its old-school blues feel; the restless structure gives it a modern edge - a new shade, virtuosic and extra crispy.

In the lyric, songwriter and guitarist Adar Alfandari refuses to be someone else's emotional bandage, particularly when the behaviour that caused the damage is still being romanticised. He briefly considers playing the rock star with commitment issues and all the expected baggage. And immediately declines the role.

About The Running Ducks

The Running Ducks are the Berlin alt-rock duo of songwriter and guitarist Adar Alfandari and drummer Matan Goldstein. Their music moves between '90s alternative rock, blues and garage grit, with heavy grooves and complex, expressive songs that somehow stay criminally catchy. Onstage, the setup stays stripped down; the show doesn't.

Credits

Lyrics

Adar Alfandari

Production

Adar Alfandari & Matan Goldstein

Drums

Matan Goldstein

Mix & Master

Idan Katz

Cover design: Adar Alfandari

Collage artwork: Adar Alfandari. Based on Titian's Noli me tangere (c. 1514).

Composer

Adar Alfandari & Matan Goldstein

Vocals & Guitars

Adar Alfandari

Bass

Yonatan Harari

ISRC: QT9XL2671938 · Adar Alfandari & The Running Ducks

Photography: Pigeoning Productions · Press contact: ducks@adaralfandari.com