

= Running (No Doubt song) =

" Running " is a song written by Tony Kanal and Gwen Stefani for No Doubt 's fifth studio album Rock Steady (2001) and was released worldwide as the album 's fourth and final single on July 1 , 2003 . The song was also used on the last episode of the TV series Sabrina , the Teenage Witch in 2003 .

The song received mixed reviews from music critics and was compared to Depeche Mode @-@ style songs . The song only charted on the official charts of the United States , where it became the band 's lowest charting single , and in Germany , where it had longest charting period . The song was accompanied by a music video which was directed by Chris Hafner , which featured many old and new pictures as well as clippings of the band members .

= = Background = =

The song was written by Stefani and bassist Tony Kanal in Kanal 's living room . They used an old Yamaha keyboard that Kanal 's father had purchased for him when he was in eighth grade and developed the song 's harmony first and then wrote the lyrics . The band worked on the track to give it a " spacer sound " but were displeased with the result so they took the song to producer Nellee Hooper , who stripped Running down to the basics. The song was then produced by him , with whom Stefani collaborated again for her solo project two years later . Whatever the intent , the result was a track that resonated with catchy " Mario Bros. " background instrumentation throughout the entire song .

= = Reception = =

= = = Critical = = =

Running received mixed reviews from music critics . Blender characterized the song as " twenty @-@ first @-@ century Blondie " and compared its synthesizers and restrained vocal to the work of Depeche Mode . Rolling Stone also made the comparison to Depeche Mode and compared the song 's " two @-@ finger synth riff " to the work of Yazoo and Erasure . PopMatters , however , stated that the song fell short and was more appropriate for " some Britney clone " . Stylus Magazine agreed , calling Running sophomoric , and commented that " this is the kind of song that makes Gwen so popular with the pre @-@ teen girlies . " Slant Magazine described the song as a " super @-@ polished Saturn leftover " , and Entertainment Weekly portrayed the song as a paeon in which No Doubt performed inside a music box , remarking that " it could be a contender for the coolest wedding song ever . "

= = = Commercial = = =

Running was commercially unsuccessful in the United States , while the previous singles from the album reached the top 15 on the Billboard Hot 100 , The song debuted at number 62 and stayed there for two weeks and was unable to reach a higher position , becoming the band 's lowest charting single on the chart . It dropped off the chart after six weeks . The single was more successful in mainstream and adult contemporary markets , reaching number 20 on the Adult Top 40 and Top 40 Mainstream charts . It followed a similar charting pattern on the German Singles Chart where it debuted as well , peaking at number 55 before falling off the chart after seven weeks . " Running " was played heavily on the final episode of Sabrina the Teenage Witch .

= = Music video = =

The song was accompanied by a music video which was directed by Chris Hafner . The video

opens with a scene of the band members walking on the beach in which Stefani is seen wearing a polka @-@ dot gown and the other members are seen in casual clothes . The scene is interrupted by various pictures of the band members in their early years with old pictures of Stefani in which she has her original brunette hair . The scene then again shifts to the beach where the band members are shown playing frisbee and are shown having fun while burying drummer Adrian Young in the beach sand . Later Stefani is shown sitting on a rock by the sea and singing to the camera . There are many other pictures of the band holding platinum and gold records and Adrian shown playing the guitar nude . There are also several clippings of the band making music in the recording studio and performing on stage during the Rock Steady Live Tour . The video ends with the band members running into the sea water .

= = Formats and track listing = =

These are the formats and track listings of major single releases of Running .

German / U.S. CD single

" Running " (album version) ? 4 : 02

" Hella Good " (live) ? 5 : 41

" Underneath It All " (live) ? 4 : 40

" Hey Baby " (live) ? 3 : 44

= = Charts = =