

# RunningPodcasts.org

## Martin's RunningRamblings Rig

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Howdy-do everyone! Here's my setup for the powerhouse podcast known as RunningRamblings, lol. It's really very basic but I might build it out as I start to do more recording from the studio (my car).

My MP3 recorder is an iRiver IFF-800 series device. I'm at work and don't have the exact model number but it's the 512MB edition purchased from eBay for \$40 or so.

For a microphone, I use the Giant Squid Audio Lab, <http://www.giant-squid-audio-lab.com/> Podcasting Omni Stereo Microphone, [http://www.giant-squid-audio-lab.com/gs/gs-podcast\\_stereo.html](http://www.giant-squid-audio-lab.com/gs/gs-podcast_stereo.html) with the right-angled plug (Thanks Adam and Jodi for the tips). Instead of using a wind sock, I cut some lengths off of a Baja Fresh <http://www.bajafresh.com> drink straw and stuck those on - no glue required. The nice thing about this mic is it records in stereo, which I like better than recording in mono the doubling the track in post-production. The downside is that it picks up A LOT of ambient sound, so I can't record on busy roads.

To cut down on other unwanted sounds, I have started to tape the mic cable to my chest as it runs to the iRiver. Additionally, I tape the mic itself to my chest just above the neckline of my shirt. Doing this which eliminates cable noise or scratching sounds produced by my shirt rubbing against the mic. I use athletic gauze tape and, fortunately, don't have a hairy chest, so pulling it off is no big deal.

Any non-running recording is done with the same setup but generally sitting in my car, which produces a nice, echo-free environment.

When editing I use Audacity, [\[url\]audacity.sourceforge.net/download\[/url\]](http://audacity.sourceforge.net/download/) software on my laptop. Recently I started using the compression option in Audacity to add a little bottom-end to my voice. Everyone says I have a great voice for radio (I've heard this for 20 years) but it doesn't seem to translate when I record, IMO. Adding some compression helps a bit.

Audacity is very good for a free application, although I'm curious about Garage Band if I ever get a Mac. The only drawback is that it's really processor-intensive when exporting a large program from the Audacity format to MP3. My uploaded files are MP3 encoded at 128-bit.

Currently podShow (they became Mevio as of today, <http://www.mevio.com>) are hosting my show. The interface isn't the best, but I can't complain because it's free.

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