

RunningPodcasts.org

My Run-cast hardware - Nigel

Sat Apr 12, 2008 7:14 pm by nigelrunner

Here are details of the gear that I use to record my run-casts.

To be honest, I got a lot of this info from [Steve Runner](#) and [Adam Tinkoff](#) when I was starting out, so I don't claim to be any kind of oracle on recording kit. This is the only setup I've used to date, but it works really well for me.

The MP3 recorder I use in an iRiver IFF-880 (http://www.iriver.com/product/p_detail.asp?pidx=34). They are no longer produced by iRiver, so the only way to get hold of one is by shopping around on eBay for a second-user unit.

I also have an IFF-780 (http://www.iriver.com/product/p_detail.asp?pidx=35) as a spare unit. Again, they are no longer produced by iRiver, but you may be luck on eBay.

Both units have 128 Mbytes of flash memory, which I find its quite adequate for most recording scenarios. I get up to around 2 hours of recording time at the sample rate I use (more details on that later).

The other model numbers to look out for are : IFF-790 (256MB), IFF-795 (512MB) & IFF-799 (1GB). The same model numbering/memory size scheme holds true for the 800 series as well. Obviously, the more memory you have, the longer recording time you can get out of a device. If you want to record a marathon, you might want to look at getting a 512MB or 1GB model.

The beauty of these devices compared to other MP3 recorders is that they have a microphone socket to connect up an external mic. Not only that, the mic socket provides power to your mic. The good thing about this is that if you get the right mic, it will work with the iRiver without having to have an external power supply to power the mic.

Many other MP3 recorders either provide an internal mic, or require an powered external. An internal mic is generally poor quality, and having to carry batteries for a powered mic is just one less thing you need to have when you're trying to run !

The iRiver has an internal mic which is OK for your first few test podcasts maybe, but once you've done a few, you'll want to have a clip-on mic so you don't have to hold the iRiver the whole time you are running, to use the internal mic.

I use a really nice external mic that Adam Tinkoff told me about. The mic is from a company called '[Giant Squid Audio Lab](#)'. Giant Squid are a small company who make their own mic's which are perfect to use with the iRiver, and stand up well to the rigours of run-casting. I use this model : <http://www.giant-squid-audio-lab.com/gs/gs-mono1.htm> with a 4 foot cable. I wear it clipped to the front of my running shirt, with the cable threaded under my shirt to the iRiver in its armband strapped to my upper arm.

The only other accessory you will need is a wind-shield for the mic. I got another tip from Adam and just taped a piece of sponge around the top of my mic, but you can purchase a proper shield from Radio Shack. Without one, your podcasts will pick up LOTS of wind noise, even in gentle breezes.

For completeness, here are the settings I use on my iRiver recorder:

Voice recording Mode : AGC : off, 44.1Khz, 128kbps
Voice auto detection: off, off
Linein Recording Mode: Mono, 44.1Khz, 128kbps
Linein Record Volume: 44
Linein Autosync: off
Line-in/Ext Mic. : Ext. Mic

Well, that's pretty much it for my on-the-road hardware.

I hope this maybe helps a few other folks put, and make sure you post your own hardware setup if you're a podcaster..I'd like some alternatives for when my iRivers finally break down !

Nigel.

Re: My Run-cast hardware - Nigel

Thu Nov 27, 2008 7:47 am by mangorunner

so I have iRiver iFP-380T and I set the settings to what you have set on yours but I still have a problem with wind noise. I have bought a wind muff for the mic and I have even just used the internal mic for recording in the car but the recorder picks up every noise. This is very noitable when I run. All you hear is wind. Even in the woods on a no wind day. All I can hear is wind. Is it the type of iRiver or do I need to buy a better mic. I have a cheapo from radio shack. Is this a mic problem or harware problem?? Any help would be great. I listen to zen and the art of triathlon and he can wear his mic while riding a bike and hardly any wind noise? I listen to your podcast and you run with hardly and wind noise?? I am in need for some help!

Thanks,

Mango

Re: My Run-cast hardware - Nigel

Mon Dec 01, 2008 3:18 pm by nigelrunner

Hi,

I can only suggest that you try the settings I have listed in the original post (above). Make sure the AGC is off and record level is set to the same level as mine.

If you have some type of wind-shield around the recording-end of the mic, it should cut down most noise, I would have thought. I literally have an old piece of sponge taped around the end of my mic and it does the job really well.

If you're still having issues after this, I must admit that I'm stuck for any more suggestions. I doubt a new mic would make too much difference, as its more of a physical shielding issue (I'm guessing) rather than audio characteristics of the mic.

Nigel.
