12 Jogging Pacesetter

☐ One of the problems faced by the beginning jogger, especially on city streets, is that of maintaining a constant pace. Tractor-trailer trucks, careening cars, and ill-mannered dogs can all interrupt your concentration. While there is little that can be done about these nuisances, this little pacesetter may make them less severe. A miniature earphone in your ear driven by a 555 timer produces regularly spaced "ticks" just like a metronome. The pace can be adjusted via R3 from a leisurely one stride per second to a sole-blistering six paces per second. The whole circuit complete with a 9-volt transistor radio battery weighs only a few ounces.

PARTS LIST FOR JOGGING PACESETTER

C1—100-uF electrolytic capacitor, 16 VDC
C2—0.1-uF ceramic disc capacitor, 35 VDC
C3—1.0-uF tantalum electrolytic capacitor, 20 VDC
IC1—555 timer
PH1—8-ohm miniature earphone
R1—10K, ½-watt 5% resistor
R2—220K, ½-watt 5% resistor
R3—1-Megohm trimmer potentiometer
T1—Miniature audio output transformer —1,000-ohm primary/8-ohm secondary