

Create Your Own Podcast

Quick Steps

Step 1: Create your Audio File and Album Art Image

1. Record your voice in a program like Audacity.
2. Combine your voice with intro and exit music. Good place to find music is <http://freeplaymusic.com>
3. Save your completed audio file as an mp3.
4. Create an image to go with your podcast - this is your Album Art Image. A good free program to do this in is Paint.net. I made my image 500x500 pixels and saved as a jpg.

Step 2: Save your Audio File

1. Your Audio file needs to be saved as an mp3 somewhere on your machine.
2. Download and install [AudioShell](http://AudioShell.com).
3. Right click your audio file and choose Properties.
4. Choose the AudioShell Tag Editor.
5. Make sure everything is correct and attach your podcast image.

Step 3: Upload Audio File

1. Choose a Website to host your files. I had success with <http://www.gcast.com>
2. Upload your Audio file(s)
3. Grab the RSS feed

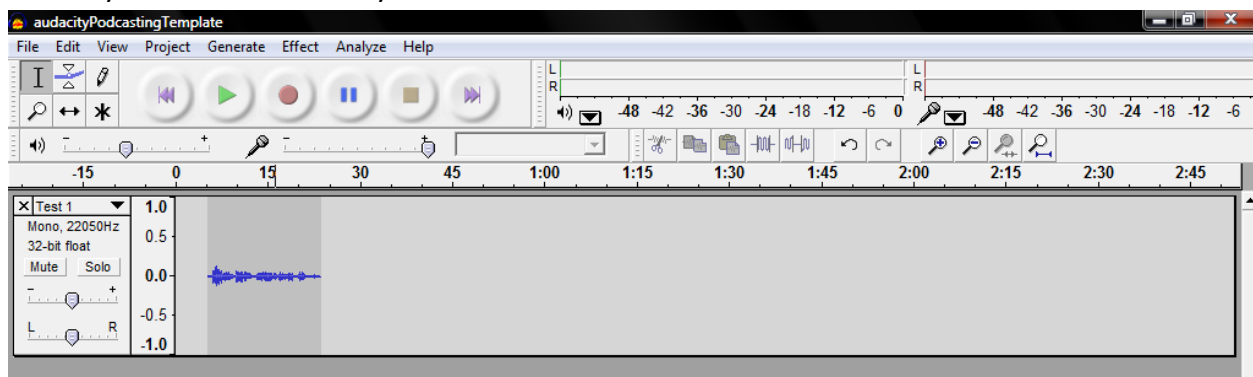
Step 4: Submit to iTunes

1. Login to iTunes Store
2. Click on the Submit a Podcast on the right
3. Copy the RSS (XML) feed in the box.

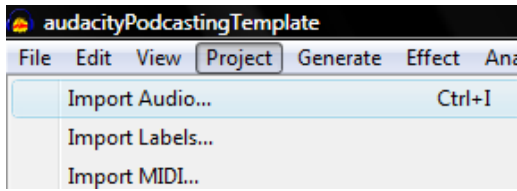
Step by Step

Step 1: Creating your Audacity file

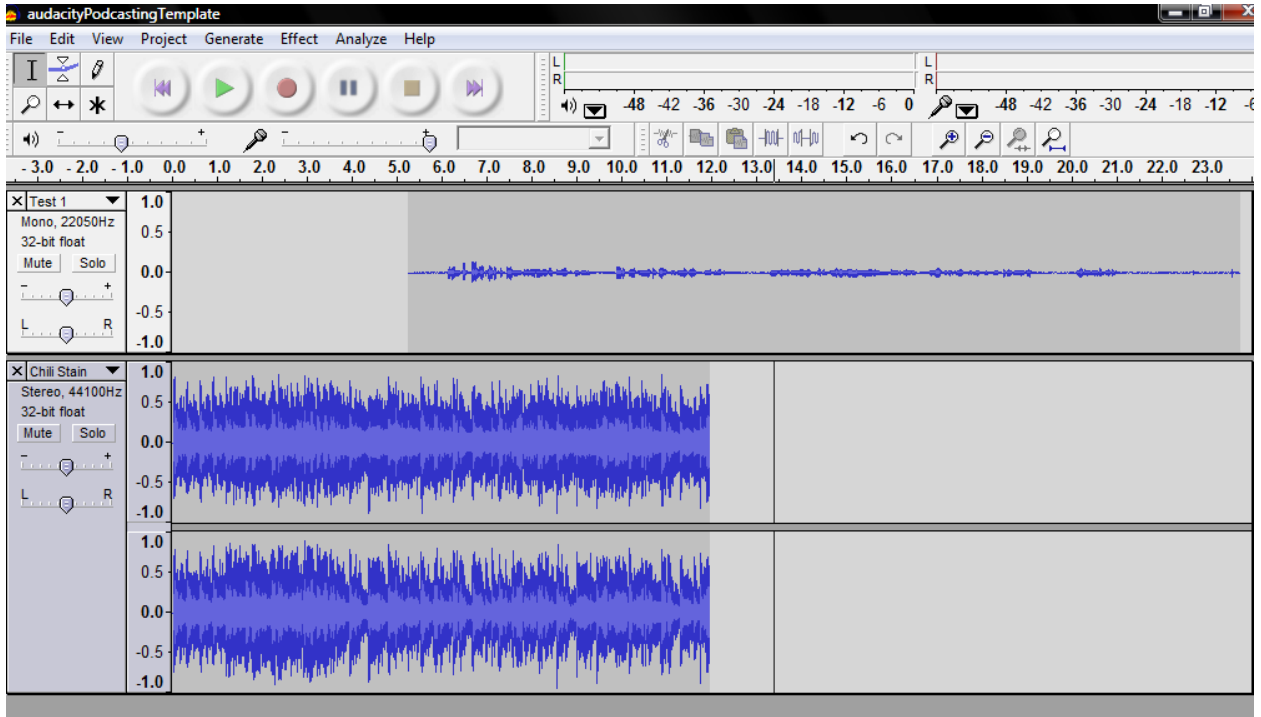
1. Record your voice in Audacity



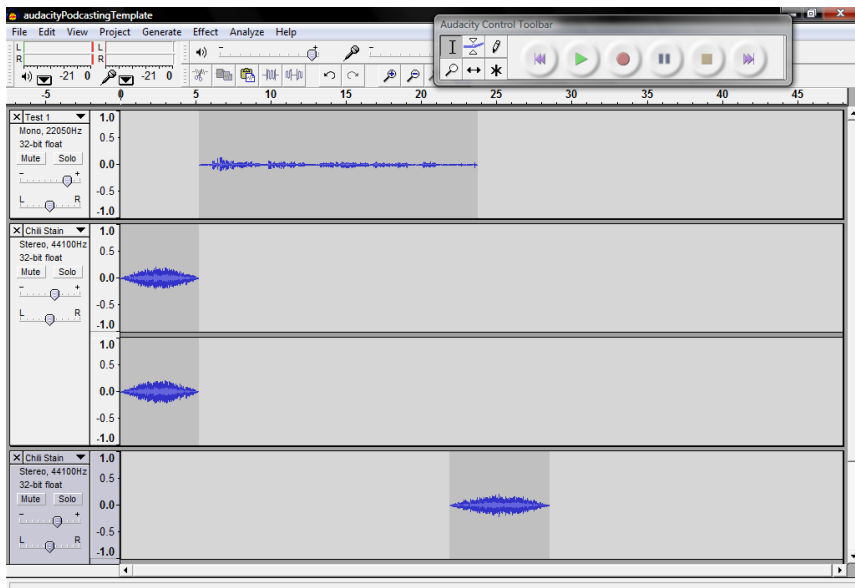
- Go to Project → Import Audio and choose the music you want at the beginning and end.



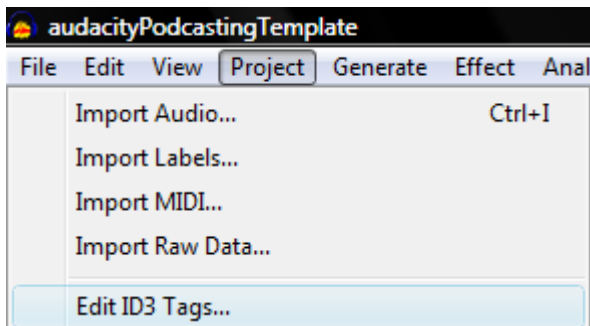
- This is what it will look like when you have your Audio and Music in Audacity.



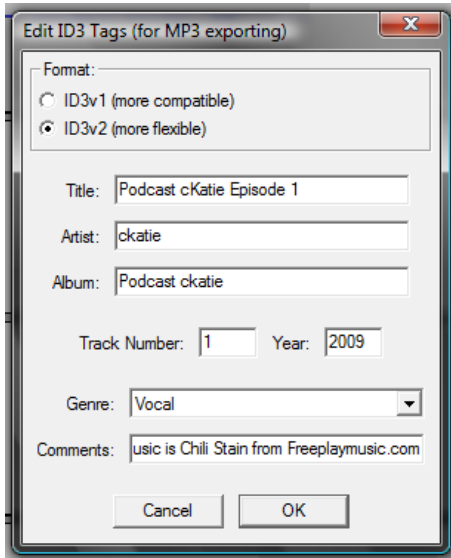
- Use Audacity to cut the music so that you have some at the beginning and end.



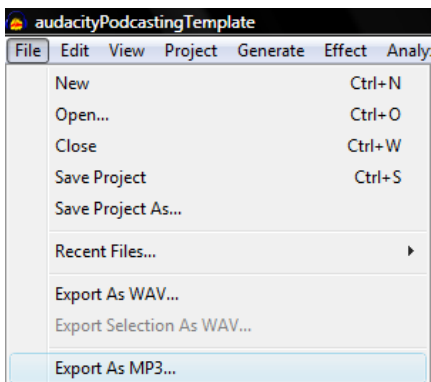
5. Go to Project → Edit ID3 Tags...



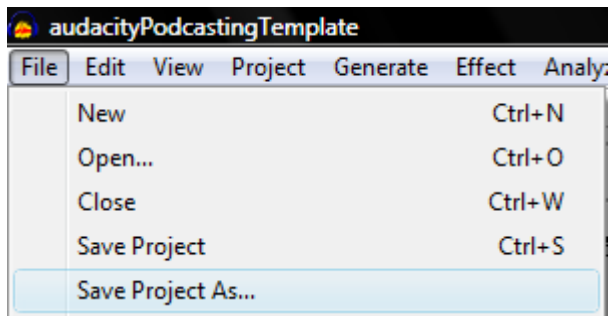
6. Fill in the information



7. Go to File → Export As MP3



8. Save the audacity file so you have your beginning and end for each podcast!

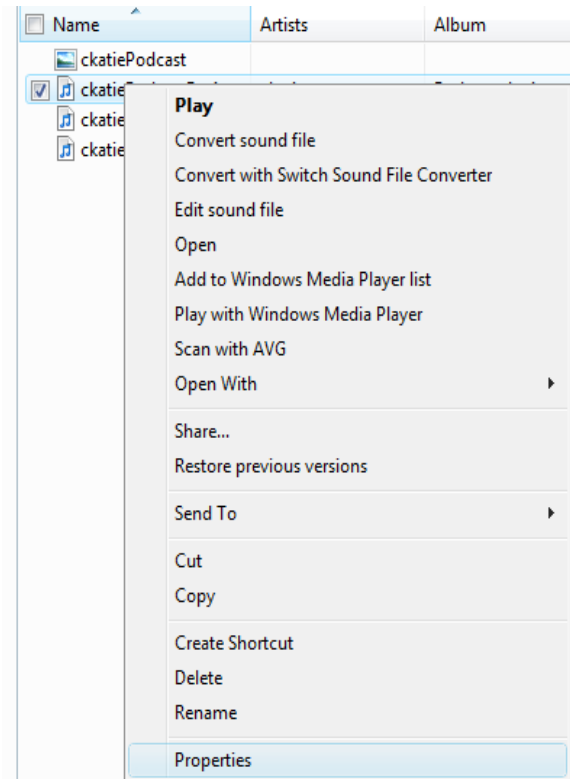


9. Do this for each of your recordings – Remember to edit the ID3 tags each time!
10. Create an image to go with your podcast - this is your Album Art Image. A good free program to do this in is [Paint.net](http://www.paint.net). I made my image 500x500 pixels and saved as a jpg.

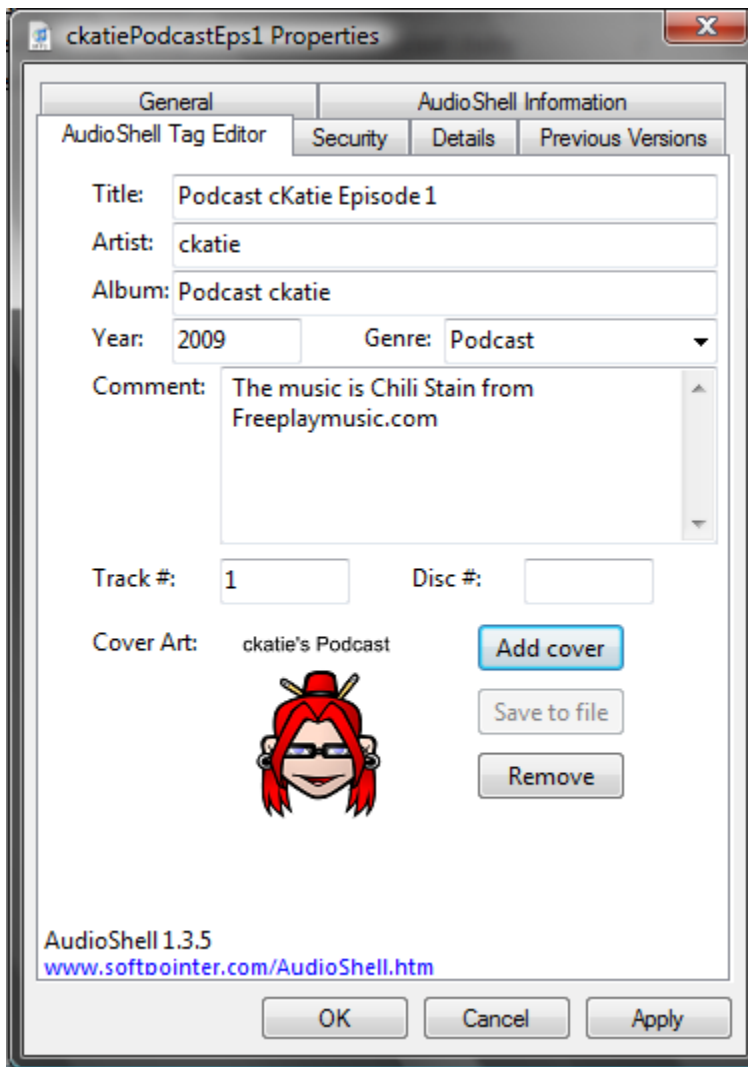


Step 2: Edit your ID3 Tags

1. Download and install AudioShell <http://www.softpointer.com/AudioShell.htm>
2. Right click your MP3 file and choose Properties.



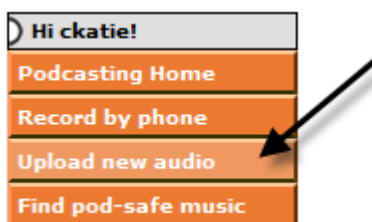
3. Fill in the Information under the AudioShell Tag Editor. Make sure to Add cover.



4. Do this for each of your files.

Step 3: Upload Audio File

1. Choose a Website to host your files. I had success with <http://www.gcast.com>
2. Create a gcast account. <http://www.gcast.com>
3. Click the Upload New Audio button on the left of the screen.



4. Fill in the Upload new audio window.

Upload new audio

Note:
Please be patient! Sometimes it can take multiple attempts to funnel large files like this through the Internet. If at first you don't succeed, please try again. As a last resort, you can email your file to us.

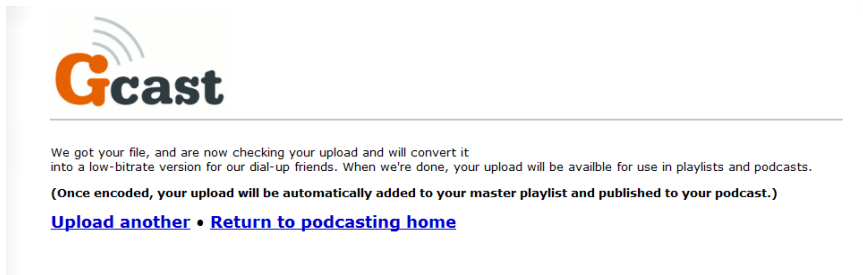
Title	ckatie Podcast Episode 1
Click browse to locate an MP3 audio file on your hard drive. (no WAV, AIFF, RA, WMV, OGG, or cassette tapes - MP3 ONLY, please)	<input type="button" value="Choose File"/> ckatiePodcastEps1.mp3 IMPORTANT: do NOT upload any material that might infringe on somebody else's copyright! That includes cover songs. You will be solely liable if your use of our service violates U.S. or international copyright law. Also: This must be a 44.1kHz MP3 file, or it will play at wrong speed!
Description (optional)	<input type="text" value="This is my very first podcast. It is a test so that I can learn how to use this with teachers!"/>
After uploading audio:	<input checked="" type="radio"/> Automatically publish to: <input type="button" value="Podcast by ckatie"/> (recommended) <input type="radio"/> Save audio file to Master Playlist, I'll publish it to my podcast later

Depending on the speed of your internet connection and the size of your file, the file transfer could take anything from seconds to over an hour.

As soon as we receive your file, we'll encode a lower-bitrate version of it for streaming, which means it may take a little while before your file is ready for podcasting. If there are any problems, we'll send you an email.

By uploading a file, you agree to our [user agreement](#)

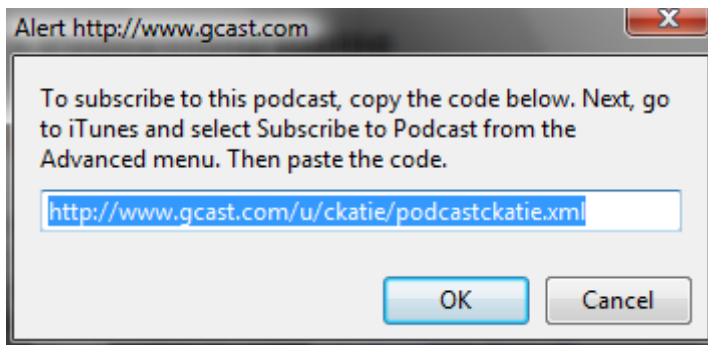
5. Click Return to Podcasting home.



6. Get the RSS feed – click on the XML button



7. Copy the xml address

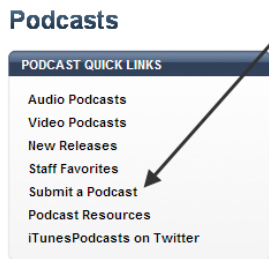


Step 4: Submit to iTunes

1. Open iTunes (make sure you are signed in) → go to the iTunes store → click on Podcasts



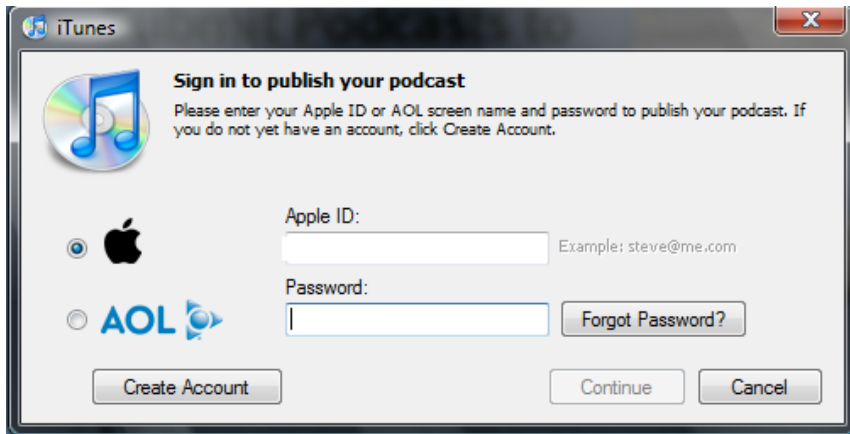
2. Click on Submit a Podcast



3. Paste your Podcast Feed.



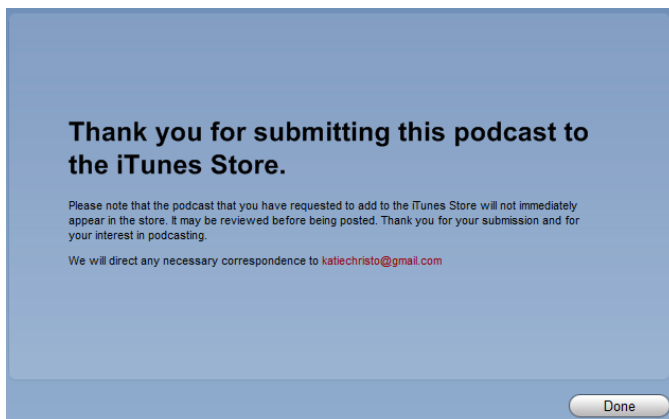
4. Sign in to publish your podcast.



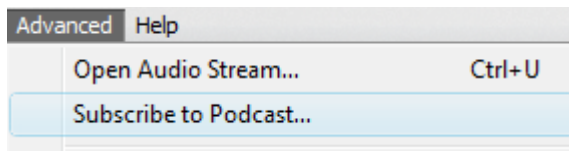
5. Review the information. If you are missing anything important do **NOT** click submit. Fix the ID3 tags on the MP3s and then reupload to gcast and then submit.



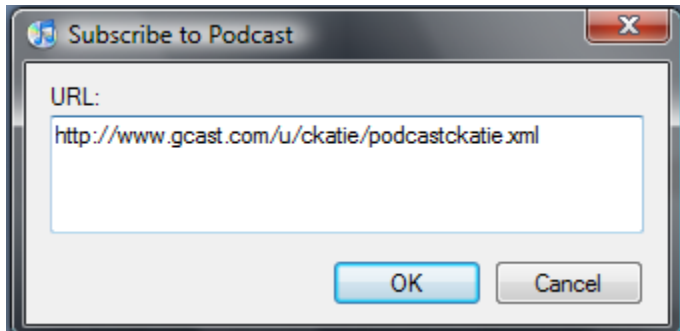
6. You will also receive an email that your podcast has been submitted.



7. If you want to see your podcast immediately: Go to Advanced → Subscribe to Podcast



8. Paste in the URL



9. You should see your podcast and it should download the latest podcast.

