

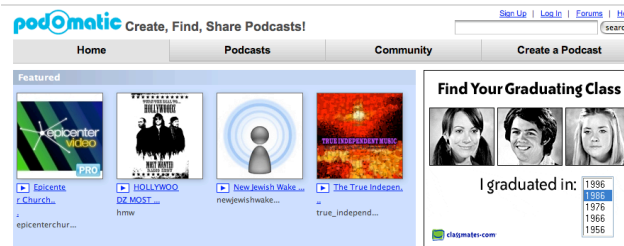


How to Publish a Podcast With Podomatic

CTAP Region 8

Sign up for a Podomatic account online

- Go to <http://www.podomatic.com>
- Click *Create a Podcast* to Register



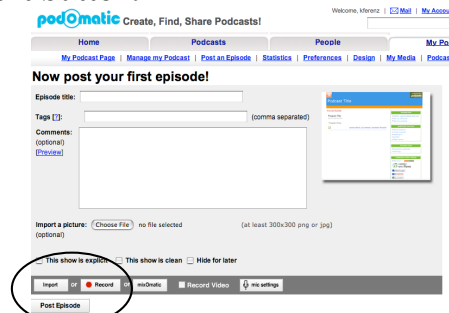
Create your account by completing the required information.

- Check your email and confirm your new account



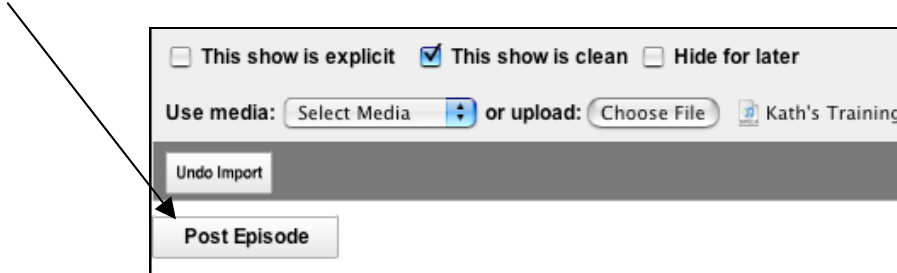
Ready to make your first podcast?

- Login into your podomatic account and click on *Create a Podcast*
- Click the record button on the bottom and speak into the microphone on your computer.
- Choose template desired for background
- You can also import a previously created podcast from your computer by choosing the import button.





Click *Post Episode*



Publishing with Podomatic

- Once your upload is complete you will get the message below.
- Your file is being converted in preparation for final publication. You will receive an email telling you when your podcast is ready for listening/viewing online

Your episode has finished converting to an appropriate format and is now available on your podcast page and in your feed.

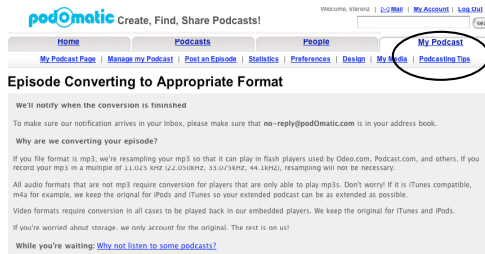
Go here to get the word out:

<http://www.podomatic.com/podcast/tell/stansberry?p=1>

View your podcast:

<http://stansberry.podomatic.com>

Use the *My Podcast* tab while logged in for more options



You can then post the link or send an email to others as to where to find the podcast.

Congratulations of creating your podcast!