

# Podcast Hosting Options

Need a podcast host? Here are a few free/low-cost options.

Podcast Host	Pricing
Posterous <a href="http://www.posterous.com">www.posterous.com</a>	<ul style="list-style-type: none"><li>• Free = 1GB storage</li><li>• RSS feed creation</li></ul>
LibSyn <a href="http://www.libsyn.com">www.libsyn.com</a>	<ul style="list-style-type: none"><li>• \$5/month = 50 MB/monthly storage</li><li>• \$15/month = 250 MB/monthly storage</li><li>• RSS feed creation</li></ul>
PodBean <a href="http://www.podbean.com">www.podbean.com</a>	<ul style="list-style-type: none"><li>• Free = 100 MB storage</li><li>• \$4.95/month = 300 MB starter storage plus 150 MB monthly storage growth</li><li>• RSS feed creation</li></ul>
SolidCasts <a href="http://www.solidcasts.com">www.solidcasts.com</a>	<ul style="list-style-type: none"><li>• Free = 100 MB storage</li><li>• \$12.95/month = 1GB storage</li><li>• RSS feed creation</li></ul>
AvMYpodCast.com <a href="http://www.podcastrevolution.com/">http://www.podcastrevolution.com/</a>	<ul style="list-style-type: none"><li>• Free trial = 75 MB storage</li><li>• \$4.95/month = 250 MB storage</li><li>• \$8.95/month = 500 MB storage</li><li>• RSS feed creation</li></ul>

If you already have a place to host your podcast but don't yet have an RSS feed, you can create one using the free services Blogger and FeedBurner. Visit the following website for step-by step directions:

<http://www.mrcoley.com/coleycast/podcastinfo2.htm>.