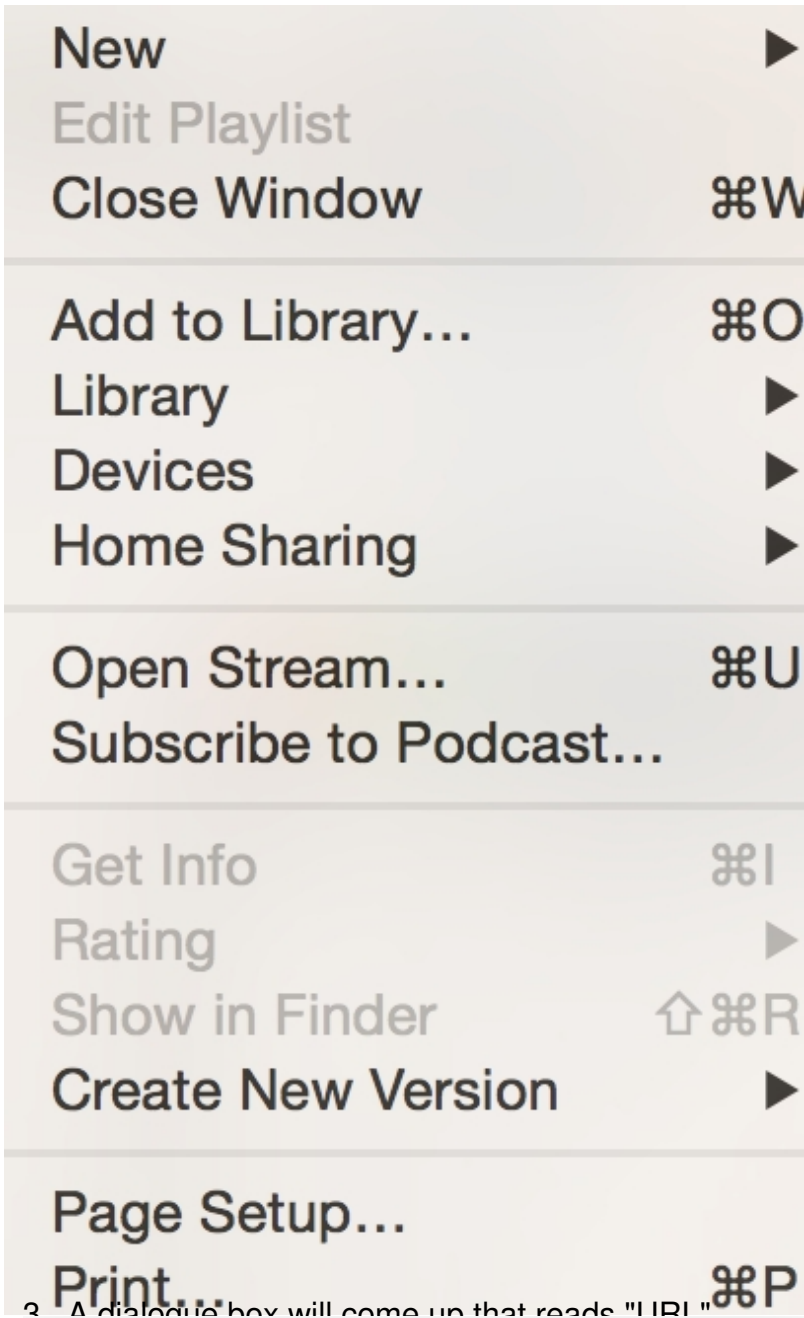


Instructions on how to podcast the members-only shows through iTunes and Downcast are below.

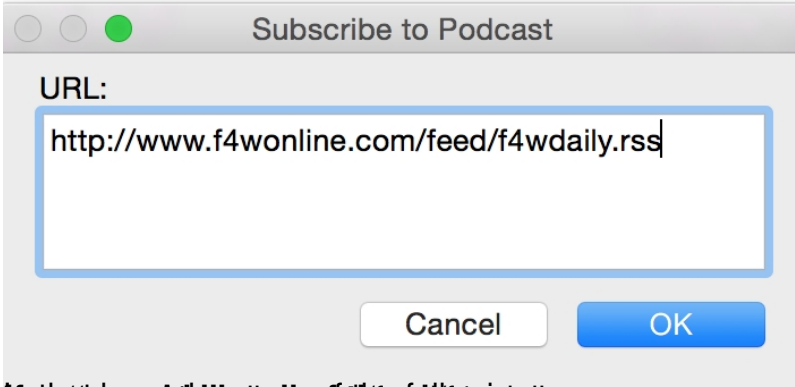
Many listeners have been successfully using [Downcast](#) as a way to manage the audio on our site without having to use iTunes. However, we cannot answer technical questions about Downcast as it's not our product. For help, we suggest going to [The Board](#) and searching for "Downcast" in the threads.

How to subscribe via iTunes

1. Open iTunes
2. In the FILE menu, click SUBSCRIBE TO PODCAST.



3. A dialog box will come up that reads "URL:"



6. Copy and paste the URL of the feed into the dialog box (both are case sensitive) as well as your Apple ID and password (see list of RSS feeds above).