Instead of using XpHaZe's site to post a file on this forum. Which is kinda rude robbing their bandwith! , why don't you use a free host. I mean there are great hosts for all kinds of things so you don't have to do noobish things like that again. Sites that use Mkportal like XpHaZe are slow as it is anyway....

Use thinsgs like.

imageshack.us - For Images
zippyvideos.com - For Videos
storeandserve.com - For any file types