

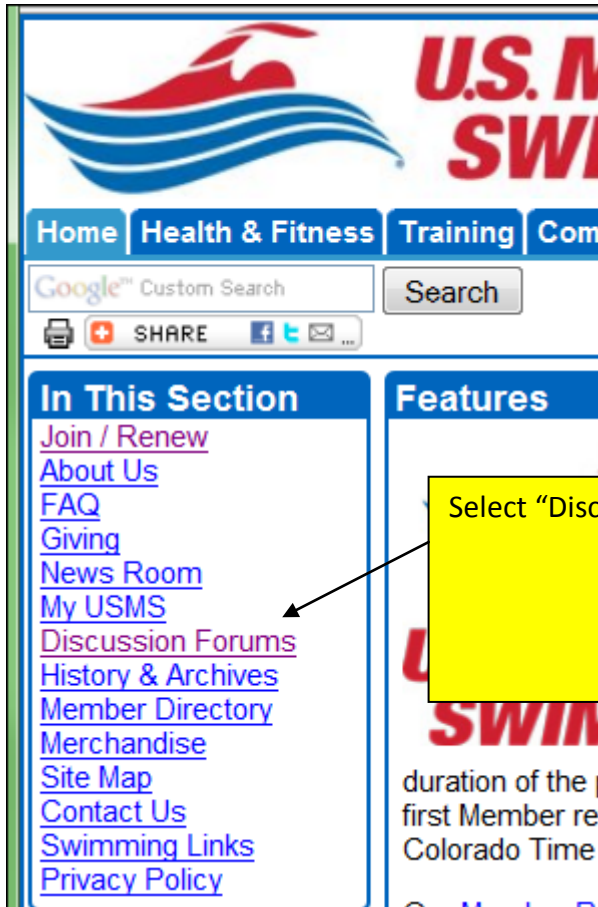


Accessing the Members-Only Features of USMS.org

Creating a USMS Discussion Forums account.....	Page 2
• Free to anyone	
Setting up your MyUSMS account.....	Page 7
• Requires a current USMS membership	
• Necessary to view the coached workouts in the Forums	
• Necessary to set up a FLOG	
Setting up your FLOG (Fitness Log).....	Page 9
Entering the Go The Distance Fitness Event.....	Page 10
• Setting your goal distance	

Creating a USMS Discussion Forums account

Begin at www.usms.org:



Select "Discussion Forums"

In the center of the screen, click
"register a forums account"

Welcome to the U.S. Masters Swimming Discussion Forums.

If this is your first visit, be sure to check out the [FAQ](#). You will need to [register a forums account](#) before created for you with your USMS membership. Forums accounts are free, but you need to create one for yo features. To start viewing messages, select the forum that you want to visit from the selection below.

Create an Account at the U.S. Masters Swimming Discussion Forums

Please Enter Your Date of Birth

Month: February Day: 28 Year: 1961

Proceed

Enter your birthdate, click "Proceed"

Forum Rules

In order to proceed, you must agree with the following rules:

Forum Rules
Registration to this forum is free! We do insist that you abide by the rules and policies detailed below. If you agree to the terms, please check the 'I agree' checkbox and press the 'Register' button below. If you would like to cancel the registration, click [here](#) to return to the forums index.

Forum Rules
Registration to this forum is free! We do insist that you abide by the rules and policies detailed below. If you agree to the terms, please check the 'I agree' checkbox and press the 'Register' button below. If you would like to cancel the registration, click [here](#) to return to the forums index.

Although the administrators and moderators of U.S. Masters Swimming Discussion Forums will attempt to keep all objectionable messages off this forum, it is impossible for us to review all

I have read, and agree to abide by the U.S. Masters Swimming Discussion Forums rules.

Register

Check the agreement box, then click "Register"

In order to be able to post messages on the U.S. Masters Swimming Discussion Forums, you must first create an account. This account is free, but it is not automatically created for you with your USMS membership (you must create it yourself). Please enter your desired user name, your email address and other required details in the form below.

User Name:

Demo User

Username is valid and not in use.

Password:

Please enter a password for your user account. Note that passwords are case-sensitive.

Password:

••••••••

Confirm Password:

••••••••

Email Address:

Please enter a valid email address for yourself.

Email Address:

annalea@usms.org

Confirm Email Address:

annalea@usms.org

Security Question:

What is the first stroke swum in an individual medley (the one before backstroke, breaststroke, and freestyle)?

butterfly

LMSC:

Which LMSC are you from?

Florida

Team/Club:

To which team/club do you belong?

SYSM Sharks

Are you a swim coach?:

Y/N

N

Favorite stroke/event:

What is your favorite stroke or event?

Breaststroke

Create your user name. In this example the user name is "Demo User." Create a password, enter your email address, and answer the security question.

You can fill in any of the optional information in the lower portion of the form. Then click "Complete Registration."

Complete Registration

Reset Fields

vBulletin Message

Thank you for registering, Demo User. An email has been dispatched to annalea@usms.org with details on how to activate your account. Click [here](#) to return to where you were previously.

You will receive an email in your inbox. You MUST follow the link in that email before you can post on these forums. Until you do that, you will be told that you do not have permission to post.

This message indicates that the account is set up but not activated. The activation email will be sent to the email address that was provided.

Here is the email message you will receive:

from U.S. Masters Swimming Discussion Forums ★ reply forward archive junk delete

subject **Action Required to Activate Membership for U.S. Masters Swimming Discussion Forums** 3:03 PM

to Anna Lea--USMS ★ other actions

Dear Demo User,

Thank you for registering at the U.S. Masters Swimming Discussion Forums. Before we can activate your account one last step must be taken to complete your registration.

Please note - you must complete this last step to become a registered member. You will only need to visit this URL once to activate your account.

To complete your registration, please visit this URL:
<http://forums.usms.org/register.php?a=act&u=24782&i=0a86229f638d1feb98c979f4048a8868144eb8fc>

`America Online Users Please Visit Here to be Activated`

**** Does The Above URL Not w

When you receive the email, click the indicated link

vBulletin Message

Thank you, **Demo User**. Your registration is now complete.

If you are a registered member of U.S. Masters Swimming, you may now proceed to your [My USMS](#) area to link your new forums account with your membership. Once you have entered your membership information there, you will be able to use your new forums account to log in anywhere on the USMS website to access members-only content and services. [My USMS](#) is your portal into the ever-growing membership services provided by U.S. Masters Swimming.

You may also now proceed to edit your [Profile](#) in order to fill in additional personal details about yourself, or you could modify your [Options](#) to customize your browsing experience of this site. If you would rather do these things later, you can do so by following the links around the site to your [User Control Panel](#).

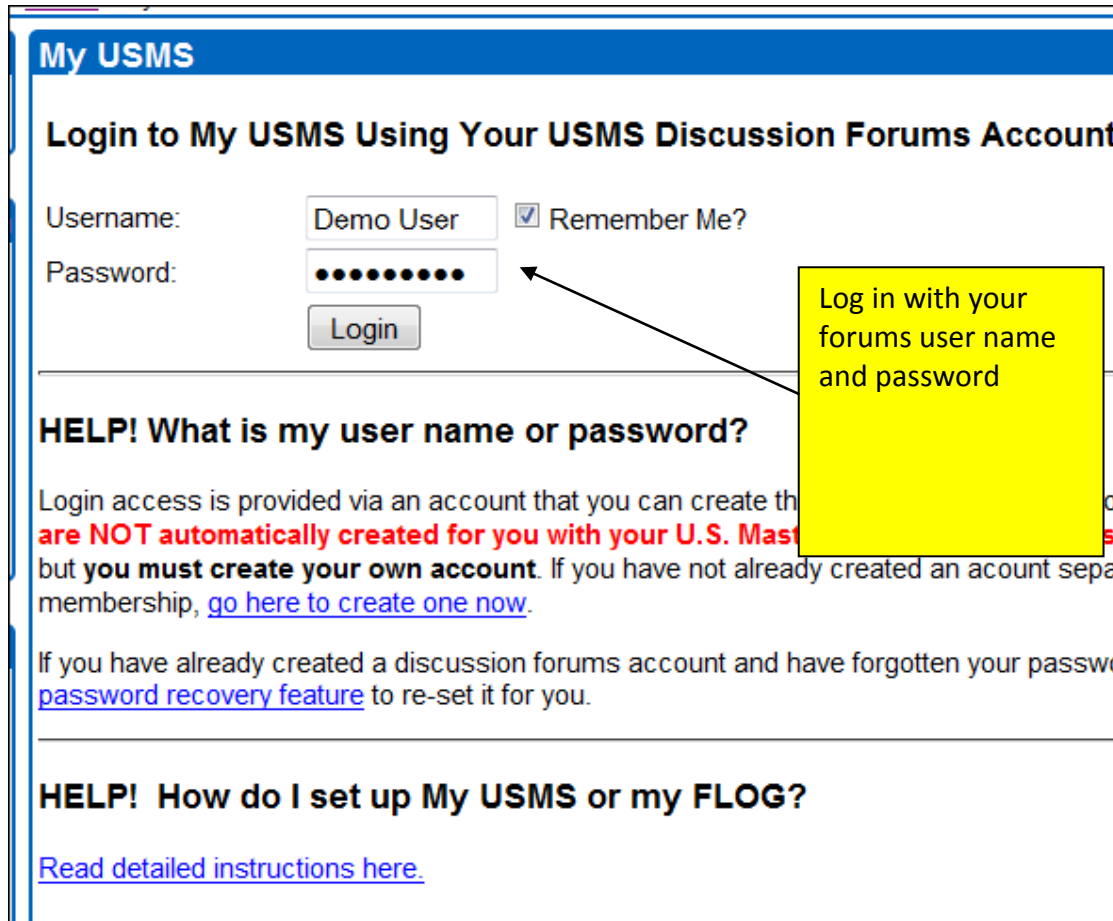
Alternatively, you can simply go back to the [Forums](#) and

You are now a registered member of the forums. To set up your "MyUSMS" account, click the link

Continue to the next page to set up your MyUSMS area...

Setting up your MyUSMS account

Begin at: <http://www.usms.org/myusms/>



My USMS

Login to My USMS Using Your USMS Discussion Forums Account

Username: Remember Me?

Password:

HELP! What is my user name or password?

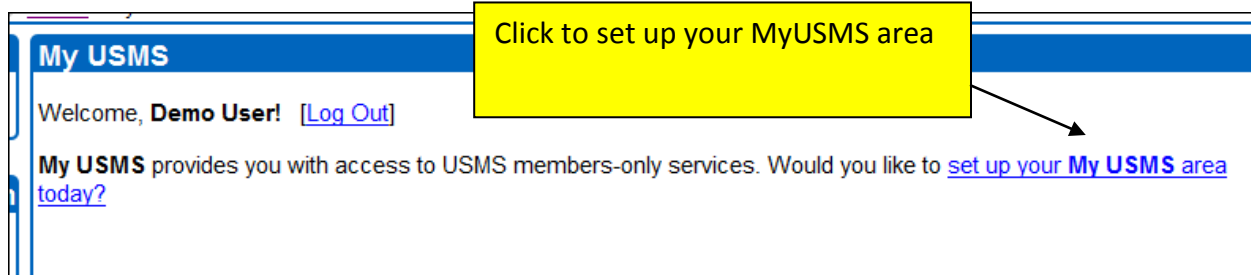
Login access is provided via an account that you can create through the USMS Discussion Forums. Accounts **are NOT automatically created for you with your U.S. MasterCard membership**, but **you must create your own account**. If you have not already created an account separate from your MasterCard membership, [go here to create one now](#).

If you have already created a discussion forums account and have forgotten your password, click on the [password recovery feature](#) to re-set it for you.

HELP! How do I set up My USMS or my FLOG?

[Read detailed instructions here.](#)

Log in with your forums user name and password



My USMS

Welcome, **Demo User!** [\[Log Out\]](#)

My USMS provides you with access to USMS members-only services. Would you like to [set up your My USMS area today?](#)

Click to set up your MyUSMS area

My USMS Setup

Please fill in the form below in order to set up your **My USMS** area.

Permanent ID: (last 5 characters of your 9 character Number is 1234-067A9, the last 5 characters would be 067A9)

Last Name:

Birthdate: (MM/DD/YYYY)

Gender:

Fill in the form. Type the number "0" and not the letter "O" in your permanent ID.

My USMS

Your USMS membership has been successfully linked to **Demo User**.

Welcome, **Demo User!** [\[Log Out\]](#)

Your USMS Membership:

- Name: John Smith
- LMSC: Florida
- Club: Sarasota YMCA Sharks (SYSM)
- Your Permanent USMS ID is 08P2T
- [View your swimmer info page](#) (a collection of your a
- [Lookup your current full USMS registration number](#)
- [Retrieve a copy of your current USMS registration c](#)

Available USMS Member Online Services:

- [My fitness log \(FLOG\)](#)
- [My USMS blog](#)
- [My photo albums](#)
- [My Meet results](#) (124 swims)

Your MyUSMS area is now set up. Click the links to set up your fitness log (FLOG) or to view your meet results.

STOP HERE if you only want access to the coached workouts section of the Forums. You should now have access.

Setting up your FLOG (Fitness Log)

Begin at: <http://www.usms.org/myusms/>

Available USMS Member Online Services:

- [My fitness log \(FLOG\)](#)
- [My USMS blog](#)
- [My photo albums](#)

Check back often for more member services.

From your main MyUSMS page, choose “My fitness log (FLOG)”

My Fitness Log (flog)

Please specify your Fitness Log (flog) settings:

Visibility

- Allow anyone to view my workout logs
- Allow anyone to view my fitness measurements (e.g. my weight log)

Preferences

Enter my swim distances mostly in this unit of measure (you may change this for individual workouts)

My swim workouts are mostly done in this course (you may change this for individual workouts)

My preferred view of my recent flog history

Choose your settings. The “allow anyone” settings are not available yet; this will be a future enhancement

Choose your defaults based on the type of pool in which you do most of your workouts (you can change these settings anytime, if you move to a different pool in the summer)

Click “Save Settings” when you’re done. You’ll be taken to the main page of your FLOG.

Entering the Go The Distance Fitness Event

Begin at: <http://www.usms.org/myusms/flog/>

My Fitness Log (flog)

Available Events

- [Go The Distance 2012](#) [[enter event now](#)]

Select a date on the calendar below to log a new entry (click on the day number), or see

<< January 2012

January 2012

January 2012 Go

Sun	Mon	Tue	Wed	Thu
1	2	3	4	5
8	9	10	11	12

From the main page of your FLOG, click "enter event now"

My Fitness Log (flog)

Events I Have Entered

- [Go The Distance 2012](#) [[show details](#)]

You are entered in the 20120 Go The Distance event. Click "show details"

My Fitness Log (flog)

Events I Have Entered

- Go The Distance 2012 [[hide details](#)]

My Go The Distance 2012 Progress

0.00 miles swum (=0 yards, =0 meters). View [my progress](#) / [Go The Distance 2012 results](#).
 50.00 miles (= 88,000 yards, = 80,467 meters) to next milestone (50 miles milestone).

My Go The Distance 2012 Goal: not yet set. [Set goal now?](#)

To set your mileage goal for the year, click "Set goal now?"

Go The Distance Goals

Set a goal for the Go The Distance 2012

350 miles

Enter your goal; click "Set Goal"

In This Section

- [My Fitness Log](#)
- [Preferences](#)
- [Log an Entry](#)
- [Totals](#)
- [Events](#)

Go The Distance Goals

Modify goal for the Go The Distance 2012

My current goal is 350.00 mi

350.00 miles

Your goal is set! Select "My Fitness Log" to return to the main page of your FLOG