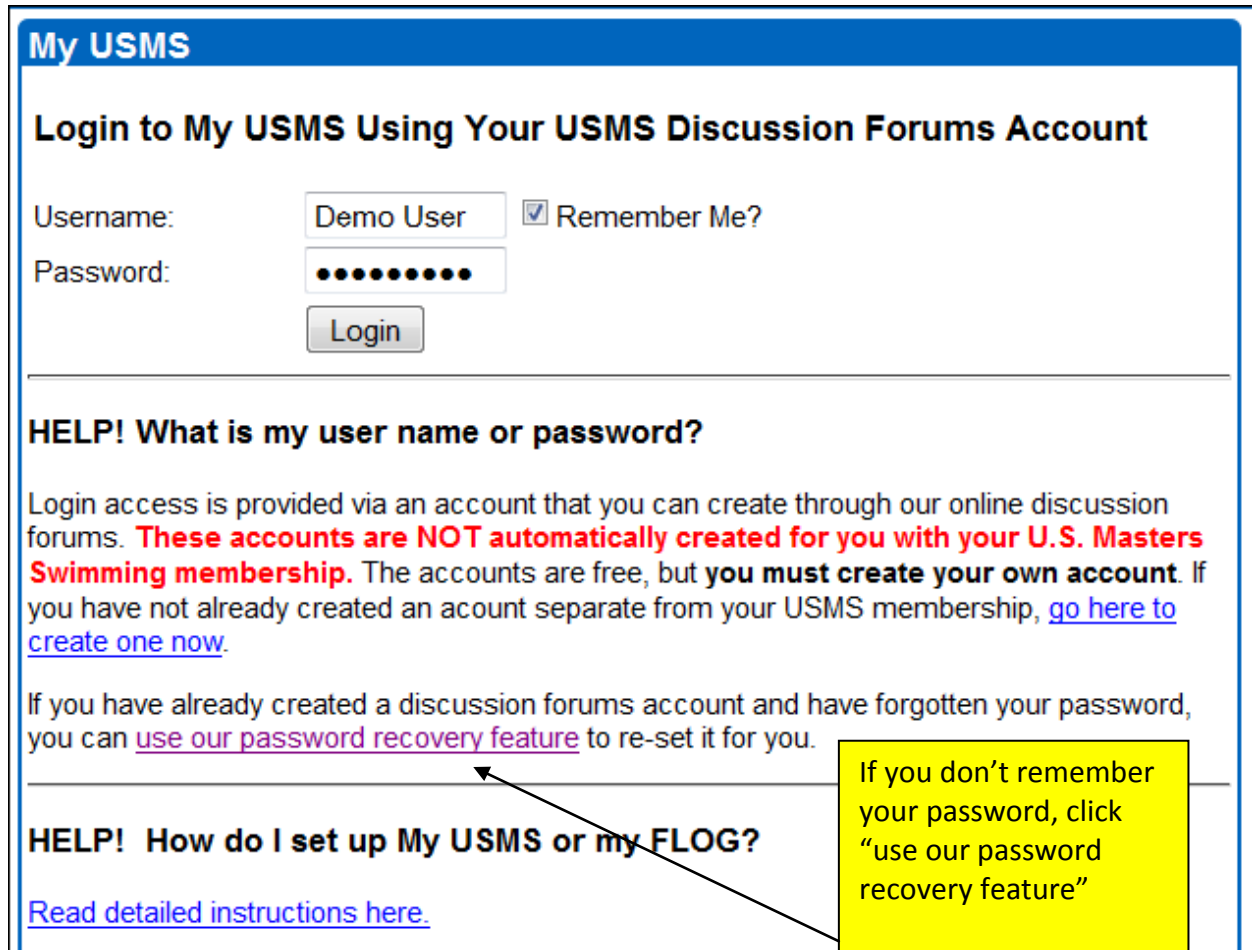


## Recovering your password for the USMS Fitness Logs (FLOGs)

At <http://www.usms.org>, click the MyUSMS link in the upper-right corner:



**Lost Password Recovery Form**

If you have forgotten your username or password, you can request to have your username emailed to you and to reset your password. When you fill in your registered email address, you will be sent instructions on how to reset your password. **Note that Discussion Forums accounts are NOT automatically created for you with your U.S. Masters Swimming membership. If you have never registered for a forums account, you must create your own by following the Register link above.**

Email Address:

Security Question  
**What do swimmers wear to protect their eyes from chlorine?**

Enter the email address you provided when you created your Forums account. Answer the security question. Then click the "Request Username/Password" button

An email message will be sent to the address you entered in the previous form. (NOTE that the address you entered MUST be the address that is tied to your forums account.)

Here is the email message that you will receive:

from U.S. Masters Swimming Discussion Forums ⭐

subject **Your login details for U.S. Masters Swimming Discussion Forums** 1:58 PM

to Anna Lea--USMS ⭐ other actions ▾

Dear Demo User,

You have requested to reset your password on U.S. Masters Swimming Discussion Forums because you have forgotten your password. If you did not request this, please ignore it. It will expire and become useless in 24 hours time.

To reset your password, please visit the following page:  
<http://forums.usms.org/login.php?a=pwd&u=24782&i=a9e661b282f5eedf4144cf5b8e150a97c728a93b>

When you visit that page, your password will be reset, and the new password will be emailed to you.

Your username is: Demo User

To edit your profile, go to this page:  
<http://forums.usms.org/profile.php?do=editprofile>

All the best,  
 U.S. Masters Swimming Discussion Forums

Click this link to reset your password. You will then be sent another email message that will contain the new password.

**vBulletin Message**

Your password has now been reset and emailed to you. Please check your email to find your new password.

Once you have received the email with the new password, you may want to change it to something you can easily remember. Please use [this form](#) to log in and change it.

This message tells you to check your email inbox.

from U.S. Masters Swimming Discussion Forums★  
subject **Your new password for U.S. Masters Swimming Discussion Forums** 2:13 PM  
to Anna Lea--USMS★ other actions ▾

Dear Demo User,

As you requested, your password has now been reset. Your new details are as follows (note - passwords are case-sensitive):

Username: Demo User  
Password: C2ZGmBwk

To change your password, please visit this page:  
<http://forums.usms.org/profile.php?do=editpassword>

All the best,  
U.S. Masters Swimming Discussion Forums

Here is the email message containing the new password. This password looks difficult to remember, so we are going to change it by clicking this link.

**vBulletin Message**

You are not logged in or you do not have permission to access this page. This could be due to one of several reasons:

1. You are not logged in. Fill in the form at the bottom of this page and try again.
2. You may not have sufficient privileges to access this page. Are you trying to edit someone else's post, access administrative features or some other privileged system?  
**If you are trying to access one of the coached workout forums or post to your blog:**
  - o **Access to the coached workout forums and the ability to maintain a blog are only available to confirmed U.S. Masters Swimming members. You may confirm your membership to gain access to these forums by setting up your "My USMS" area.**
3. If you are trying to post, the administrator may have disabled your account, or it may be awaiting activation.

Log in

User Name:  
Demo User

Password:  
●●●●●●

Remember Me? [Forgotten Your Pa](#)

The administrator may have required you to [register](#) before you can view this page.

Here we are entering the password that was sent in the email (C2ZGmBwk)

**Edit Email & Password**

Enter your present password to continue:  
●●●●●●

Edit Password (Optional)

New Password:  
●●●●●●

Confirm New Password:  
●●●●●●

Edit Email Address (Optional)

New Email Address:  
SpeedoGrilli@usms.org

Confirm New Email Address:  
SpeedoGrilli@usms.org

Now we can change that password to something that is easier to remember. Enter the password that was sent in the email in the top box (C2ZGmBwk), then enter your chosen password in the "New Password" and "Confirm New Password" boxes.

Click "Save Changes" after you've entered the new password

You should now be logged in!

Still need help? Send an email to: [support@usms.org](mailto:support@usms.org)