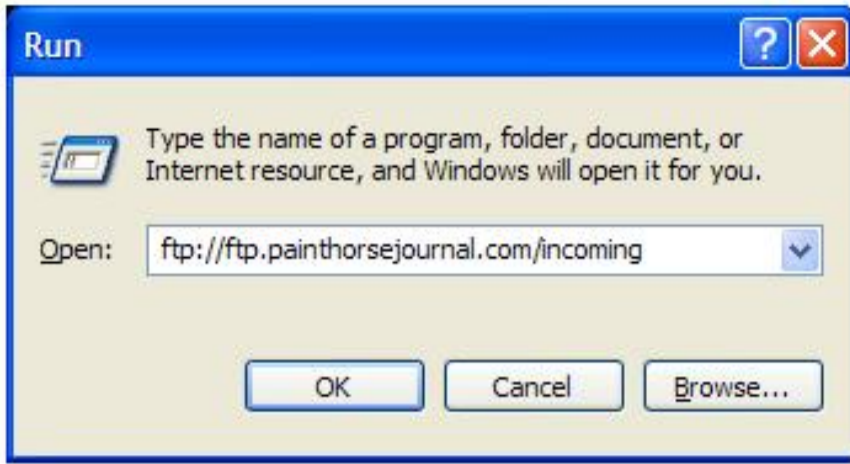
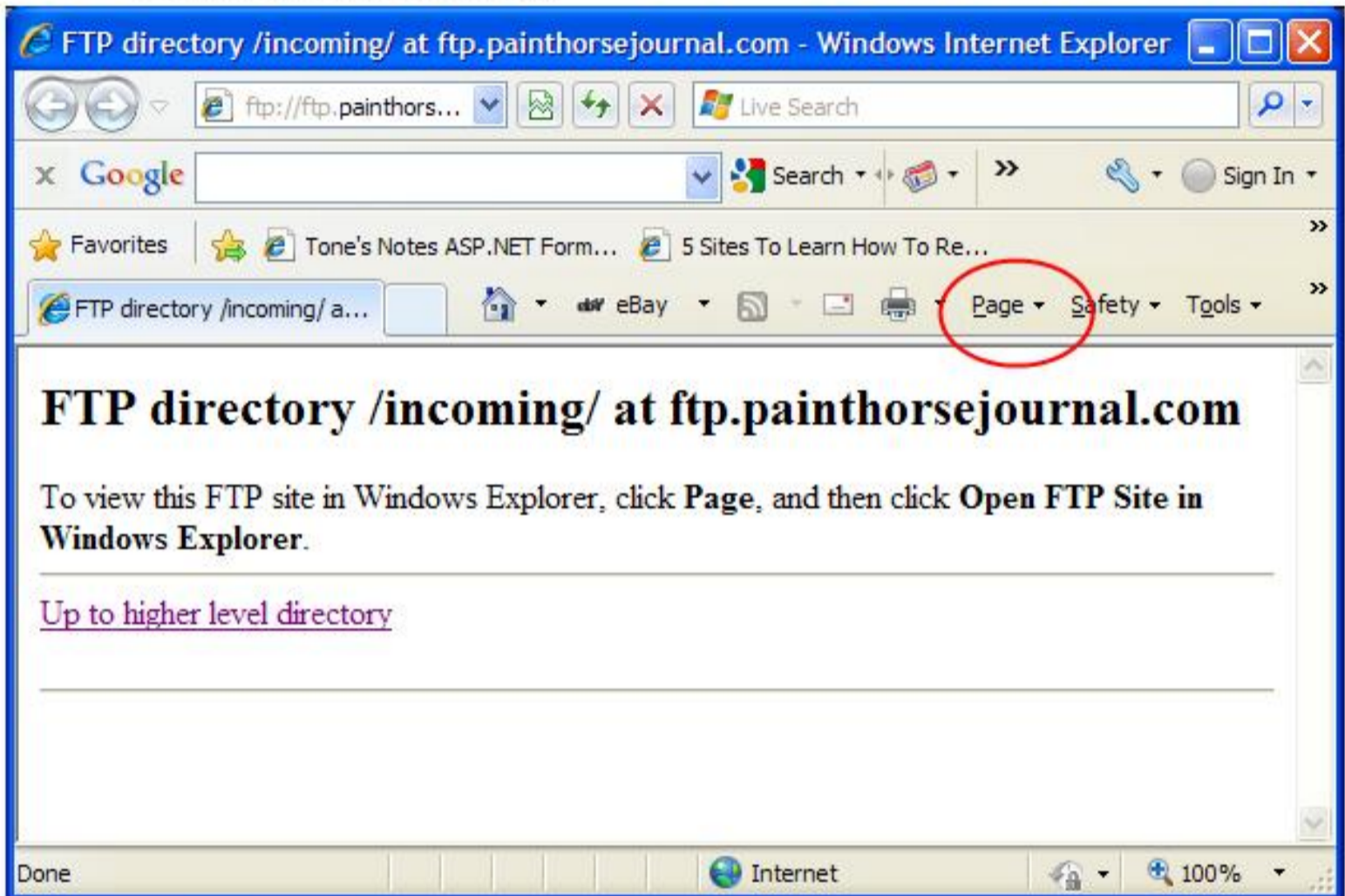


## Windows - FTP Connection Instructions

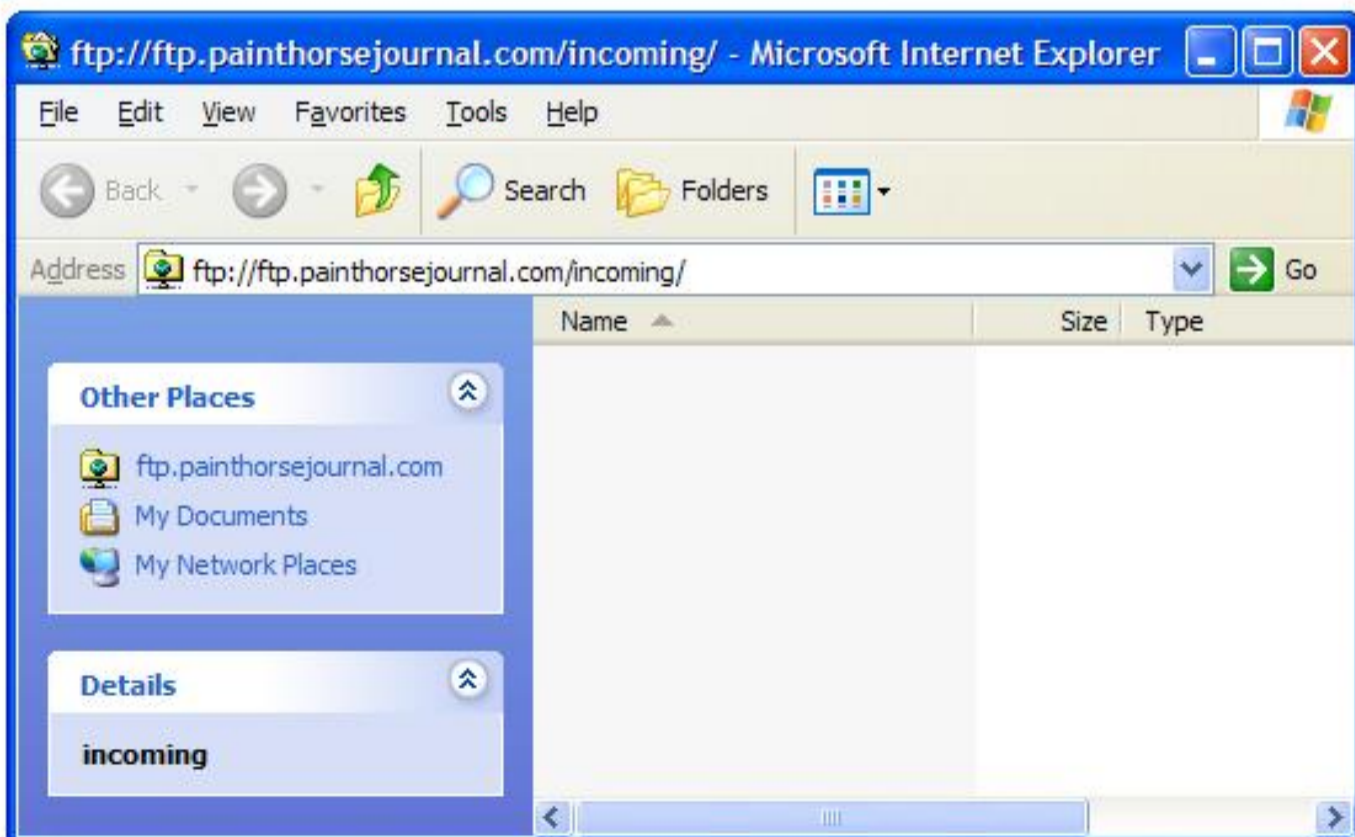
Click on Start, click on Run, and key in the following:  
**ftp://ftp.painthorsejournal.com/incoming**



Click OK  
internet explorer will open.



Click on the Page button, and then click Open FTP Site in  
Windows Explorer.  
The following window will open



Finally just drag and drop the files you wish to upload to the ftp site.