

How to create an account and receive your free Team IMBA on-line training plan

Your IMBA training plan is FREE if you are participating in the IMBA Team-Based Fundraising Program.

1. Go to www.boulderperformance.net
2. Click on the TEAM IMBA logo (on the right of the front page), then scroll down on next page and click on “**Mountain Bike Training Program**” near bottom of page.
3. or simply follow this link:

<http://www.trainingpeaks.com/race.asp?orgid=6815&lookup=IMBA24&xy=2&do=nofo%20rward>

4. Choose an appropriate plan and click “Buy Now.” You can look at the “Plan Description” to get a better idea of which plan is best for you.
5. If you DON’T have a TrainingPeaks.com account, create a new account by filling in the form.” If you DO have a TrainingPeaks.com account, then enter your existing username and password.
6. Fill out the customer information as directed, creating a username and password for your personal account (click submit).
7. Enter the promo code in the dialog box provided (**the promo code is ???? – get this from IMBA**). **Be sure to “Click Update Promo Price” below the promo code box before clicking select.**
8. Again, it is important to be sure to “click update promo price” before clicking select or the price will not change to FREE. When the price changes to FREE, then click “Select”. If you are prompted to enter any credit-card information at any time during your account set-up, then go back a page and REPEAT STEP 7 (above).
9. You now have a personal account with training peaks that will have automatically uploaded the Team IMBA training plan. For future access to YOUR plan and training schedule, go to www.boulderperformance.net and enter your user name and password in the client login dialog box (located on BPN home page).

Good luck with your training!