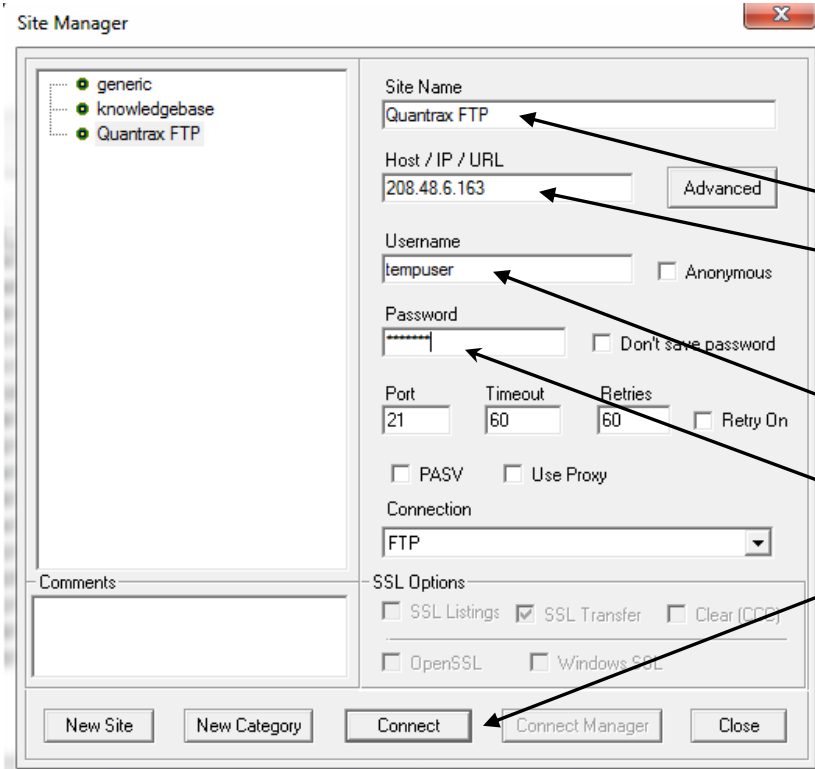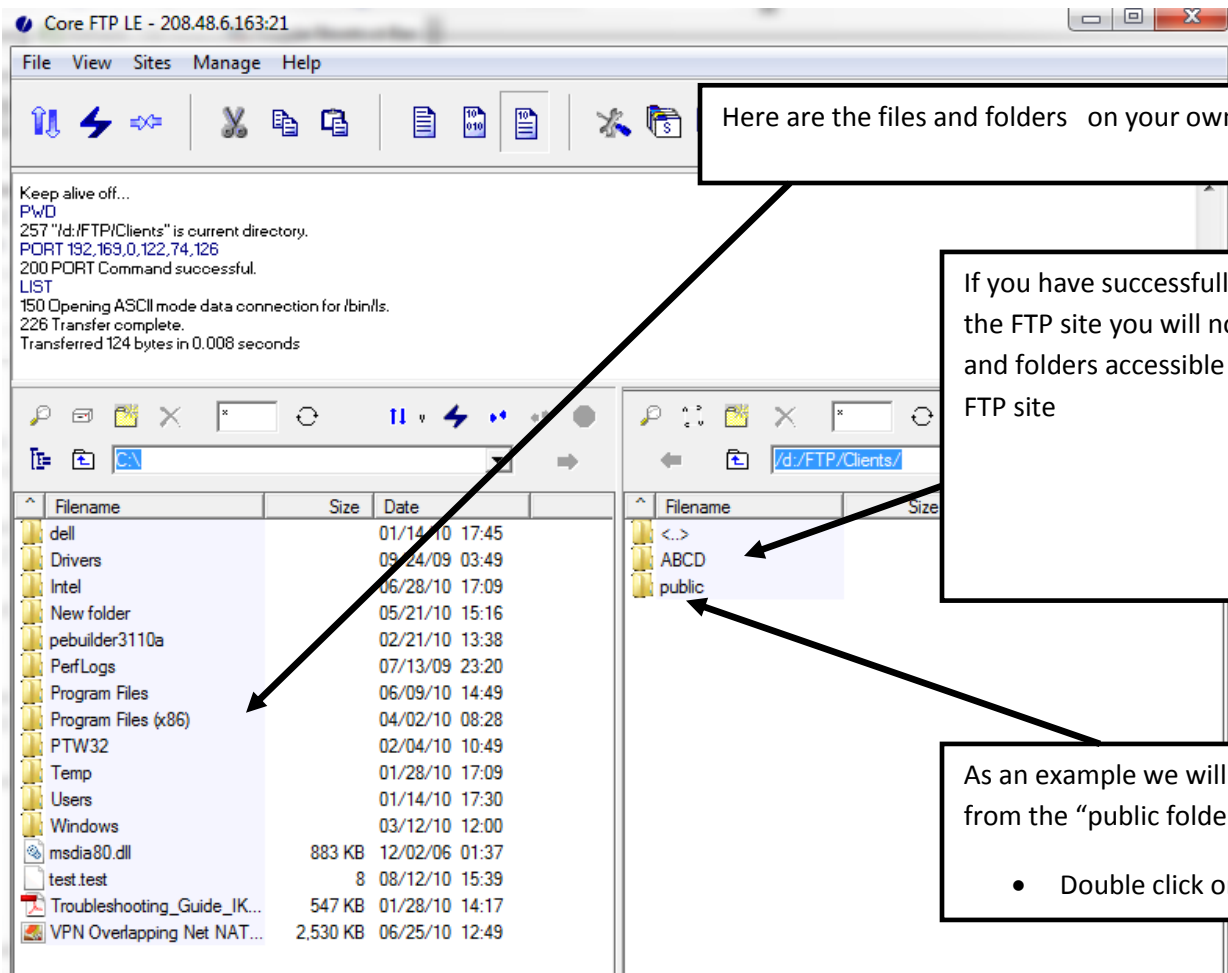# FTP – Retrieving and Sending Files using CoreFTP

Download and install the program taking the defaults (http://download.cnet.com/Core-FTP-Server/3000-2160_4-10783460.html)

Each time you start the CoreFTP you will be presented with the "Site Manager"

- Click on the "**New Site**" button on the bottom left
- Site Name: Describes the FTP site
- Put the FTP Server Address here Quantrax's main FTP server is 208.48.6.163 (Or you can use Quantrax.com)
- Username here (Contact Quantrax if you need one.)
- Password ere
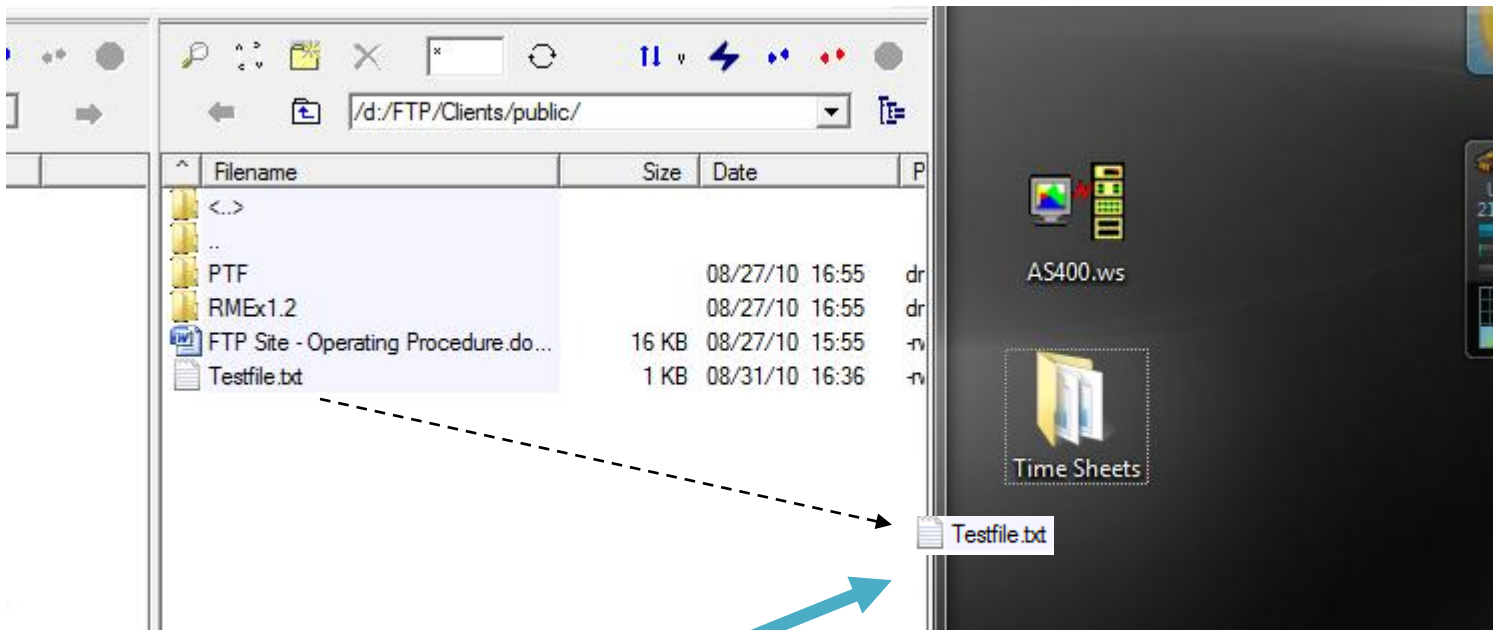- Leave the rest as default and click "**Connect**"

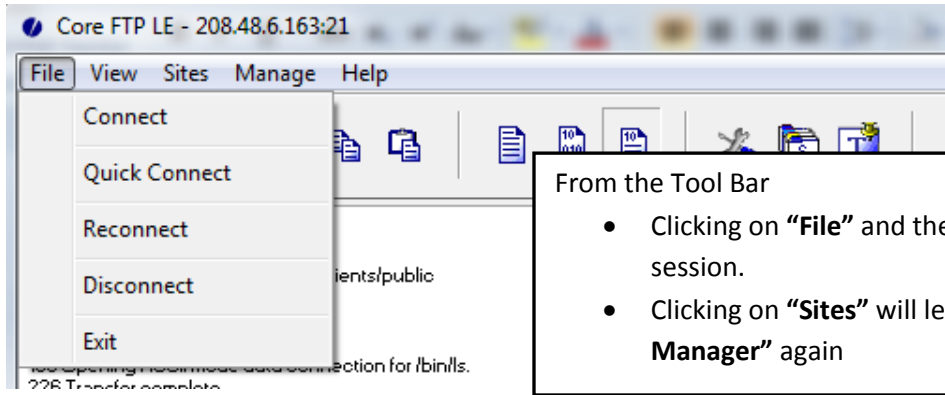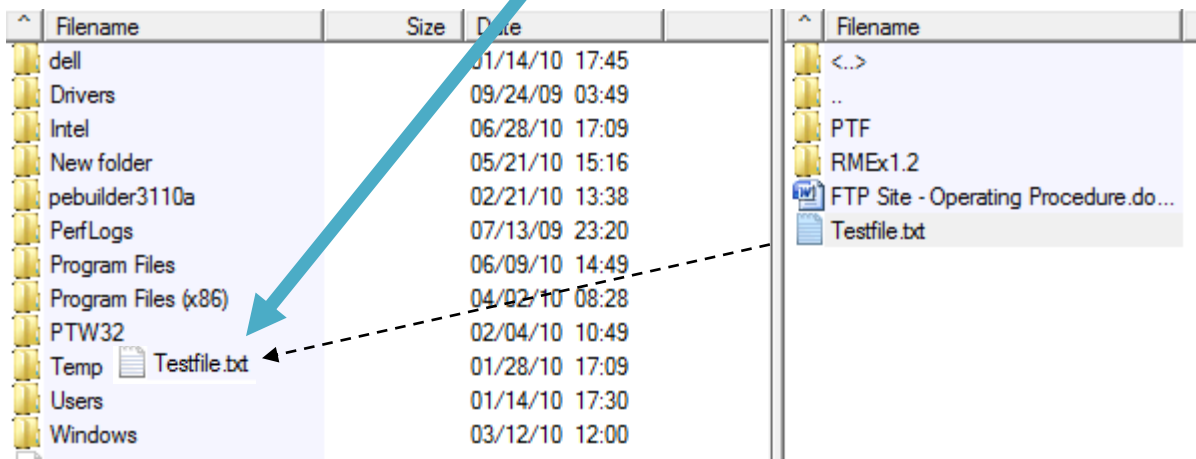Here are the files and folders   on your own computer

If you have successfully logged into the FTP site you will now see the files and folders accessible to you on the FTP site

As an example we will download a file from the "public folder.

- Double click on the "public"

/d:/FTP/Clients/public./

Filename	Size	Date	P
<..>			
..			
PTF		08/27/10 16:55	dr
RMEx1.2		08/27/10 16:55	dr
FTP Site - Operating Procedure.do...	16 KB	08/27/10 15:55	-rv
Testfile.txt	1 KB	08/31/10 16:36	-rv

AS400.ws

Time Sheets

Testfile.txt

Simply left click and hold the file you want to transfer and drag and drop it to the location you want to put it… Either to your desktop as above, or to a folder

Filename	Size	Date		Filename
dell		01/14/10 17:45		<..>
Drivers		09/24/09 03:49		..
Intel		06/28/10 17:09		PTF
New folder		05/21/10 15:16		RMEx1.2
pebuilder3110a		02/21/10 13:38		FTP Site - Operating Procedure.do...
PerfLogs		07/13/09 23:20		Testfile.txt
Program Files		06/09/10 14:49		
Program Files (x86)		04/02/10 08:28		
PTW32		02/04/10 10:49		
Temp Testfile.txt		01/28/10 17:09		
Users		01/14/10 17:30		
Windows		03/12/10 12:00		

Core FTP LE - 208.48.6.163:21

File   View   Sites   Manage   Help

Connect

Quick Connect

Reconnect

Disconnect

Exit

ients/public

ection for /bin/ls.
226 Transfer complete

From the Tool Bar
- Clicking on **"File"** and then **"Disconnect"** ends the session.
- Clicking on **"Sites"** will let you bring up the **"Site Manager"** again

NOTE: Once you are logged into the web site you can also UPLOAD a file by dragging and dropping the file into your folder onto the FTP site. You may need to contact Quantrax Support for access to do this.