Question:
 How do I flash the BIOS?

Answer:

**---Step 1---**
In the ZIP file you have the BIOS and the flash utility.

You will need to create a bootable floppy disk.  Or obtain the image from
www.bootdisk.com and download the Dr. Dos Disk for BIOS flashing

Direct Links:
http://download.sudhian.com/faq/kt7/downloads/Misc/drdflash.exe

ftp://User:webhq@webhq.cjb.net/downloads/drdflash.exe

http://www.abitfaq.it/Files/drdflash.exe

http://herrie.rpc1.org/downloads/drdflash.exe

**---Step 2---**
After downloading the **DRDFLASH** from either of those websites you will need a 3 ½
floppy disk. Place the disk in your floppy drive and double click on **DRDFLASH** will
ask you to click on OK when you are ready to begin imaging the floppy disk.

**---Step 3---**
Now that you have a bootable floppy image you will need to extract the BIOS and flash
utility the zip file to your floppy drive (A:) Windows XP has this build into it or
download Winzip from www.winzip.com this is an evaluation trial and after 21 days
requires you to buy it.

Direct Links:
ftp.download.com/pub/win95/utilities/filecomp/winzip90.exe

http://download.winzip.com/winzip90.exe

**---Step 4---**
Install the utility or double click on the **.ZIP** file that was sent to you and use the build in
Windows XP archive utility, from within either program highlight both of them by
clicking on each and holding down the shift key, then click on the extract dialog button
and point it to your "A:" drive.

You now have a bootable floppy that has the flash utility and motherboard BIOS on it.

**---Step 5---**

Shutdown down your computer and press the DEL key so that you can get into the BIOS. 1$^{st}$, from here select Standard CMOS Features. Verify that Drive A is set to 1.44, 3.5 in. If not set to that select that options and press F10 to save it.
 2$^{nd,}$ otherwise press ESC key from here select Advance BIOS Features and select First Boot Device, verify that it is set to Floppy if not select it and press F10 to save it
3rd, press ESC and now select Save & Exit Setup it will prompt you to Save to CMOS and Exit, press Y.

**---Step 6---**

Now your system will boot off the floppy drive and will come to a command prompt. From this type in **FLASH** this will take a minute or so to load into memory, the program will prompt you if you want to save the current BIOS, select yes, and name it **OLDBIOS.BIN**- this is your backup BIOS. After it's done saving the BIOS, it will ask you ready to program the BIOS, select Yes

Note: xyz.bin is the file name of the BIOS file.

Press F1 to continue.  You will reboot your computer, and press the DEL key to enter the BIOS and select Load Optimized Defaults and select Save & Exit Setup it will prompt you to Save to CMOS and Exit, press Y.

Your motherboard BIOS is now updated to and set to optimized defaults now. Enjoy your motherboard!