

Backup and Restore Clean Process

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Is there a document that explains a clean process for backing up your production SPS2003 environment and restoring it to a Lab server. My environment is a sigle server setup. There is so many different answers on this board regarding backup and restore and it is very confusing. I also went and tried to view the Technet Webcast Titled "Getting Back to Normal" but that became so distorted that i could not follow along. HELP!!!

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- Prev by Date: [*RE: connect one to many webparts*](#)
- Next by Date: [*Host Headers for an STS Subweb.*](#)
- Previous by thread: [*RE: connect one to many webparts*](#)
- Next by thread: [*Host Headers for an STS Subweb.*](#)
- Index(es):
 - ◆ [*Date*](#)
 - ◆ [*Thread*](#)