* Create a blank hard drive image using CiderPress.
* Download a bootable ProDOS floppy disk image. I used the ProDOS System Disk 4.0.2 which has ProDOS, BASIC.SYSTEM and the System Utilities programs. They can be found at Asimov with this link: ProDOS 4.0.2 System Disk
* Start AppleWin.
* Click on the Configuration Icon (Joystick/Speaker) and choose the Disk tab.
* Check the enable hard disk controller box.
* Click on the Select HDD 1 button and choose the image you created in CiderPress.
* Click on OK.
* Click on the icon for floppy drive 1 and choose the bootable floppy image you downloaded. Click on the Open button.
* Click on the Apple icon to boot AppleWin.
* You should get a message \*\*\* UNABLE TO LOAD PRODOS \*\*\*.
* On the Apple II you would do a control-reset, but AppleWin uses control-break to get to the ] prompt.
* At the prompt enter PR#6 to boot your ProDOS image.
* Once it was booted I chose System Utilities.
* When the System Utilities program is started up I chose Copy Files.
* Choose Slot and Drive for the Source.
* Enter 6 and 1 for floppy drive 1.
* Choose Slot and Drive for Destination.
* Enter 7 and 1 for your hard drive image.
* Choose Some files.
* Use the arrow keys to highlight and space to select PRODOS and BASIC.SYSTEM and press Return to copy the files that will make it bootable.
* Press Return when Copying complete.