Everybody starts out as a newbie, and currently I am one of them.
Made a stupid mistake on my first install of tiki:
I was playing around with the modules and user groups. I removed the login box from the anonymous users group, and my session logged out when I clicked assign. Now I have no option to log in! The fromtpage is only the text of the main wiki page, no other modules, and other pages give a permission denied messgae.

For future reference, the answer to this problem is:  $site.com/tiki-login\_scr.php$  (thanks marclaporte!)