You don't have to worry about anything or know anything.

Just do this:
-Install Renegade
-Go to multiplayer
-Click Westwood Online
-Click Advanced game listings
-Type in a login name and password and log in
-Choose your location
-Choose a server

That's it. When you go back to play again, depending if you told it to automatically log you in or not, all you need to do is click log in and then select a server.