I use NIS on Windows 2000 and I've never had any problems with RenGuard (aside from the occassional overruns).

You need to remove the old firewall entries for RenGuard each time you update it since NIS recognizes it as a new program altogether. If you reinstall NIS you will obviously need to add firewall permission for the program. Give the RenGuard executable full permissions to and from the internet and add the RG network IP to your trusted list for best performance. As long as you're comfortable with that (I am).

As for people saying RG made the community worse I beg to differ. I have been playing since demo and the community was going to hell when the cheats first came out. If RenGuard had not come out just in time, the community would have been MUCH smaller by now - and 90% of the cheaters wouldn't have been blocked. It is true that RenGuard is not foolproof. No one denies that. But people who blame RenGuard for this and that or who say they refuse to run it on their servers because it's not foolproof are complete fools themselves. SOME security is better than NONE. I recommend using a combination of both (RG and good moderation). Let RenGuard catch the "non geek (ie. unable to bypass) cheaters" and the mods can catch the rest.