for running as admin: press rightmouse button -> Run As Admin.

A good resolution to start with is using the same as you run windows. By most people this is 1024*768 but on new systems it's 1600*1200 most of the time (1 or 2 exceptions left beside  )
As far as i know and experianced renegade sets the default resolution to 800*600 which can cause problems on newer machine. And please don't even try 640*480