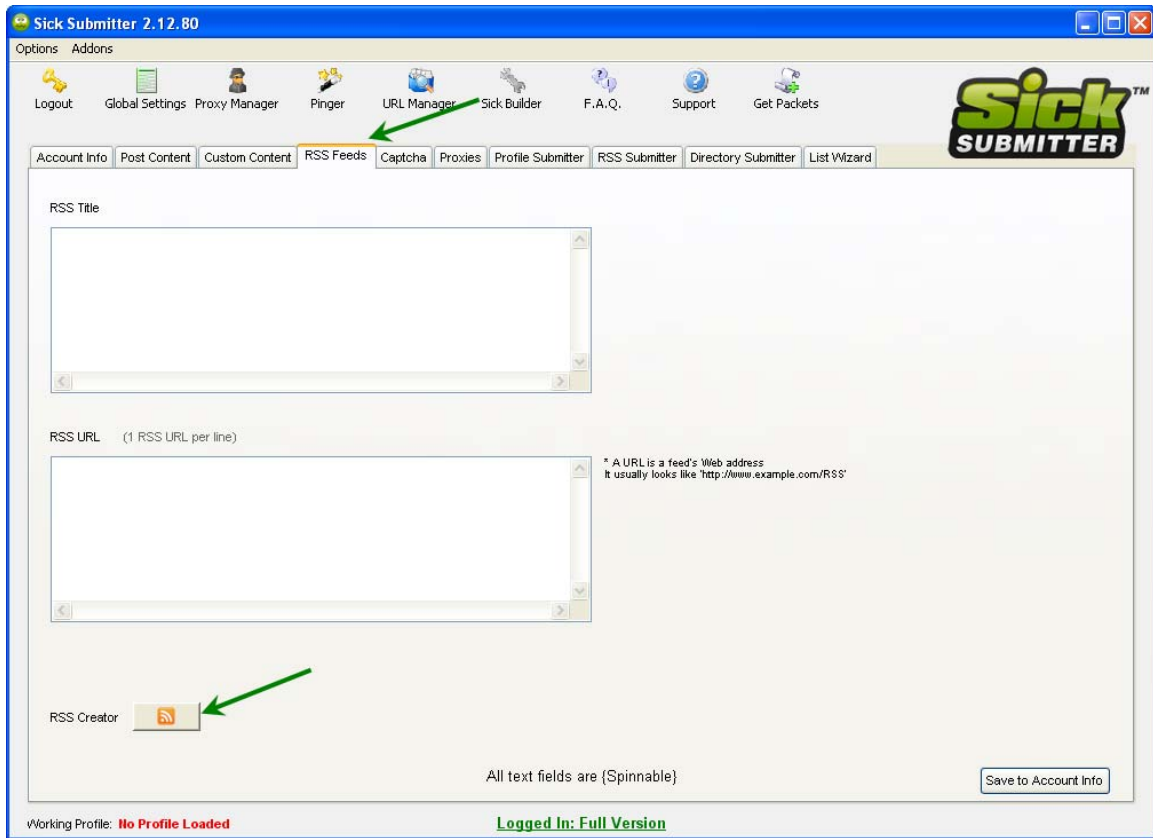


Sick RSS Creation & Submission Documentation

The screenshot displays the 'Sick Submitter 2.12.80' web application interface. The top navigation bar includes 'Options' and 'Addons' menus, with various tool icons like 'Logout', 'Global Settings', 'Proxy Manager', 'Pinger', 'URL Manager', 'Sick Builder', 'F.A.Q.', 'Support', and 'Get Packets'. The 'Sick SUBMITTER' logo is positioned in the top right corner. Below the navigation bar, a series of tabs are visible: 'Account Info', 'Post Content', 'Custom Content', 'RSS Feeds' (which is the active tab), 'Captcha', 'Proxies', 'Profile Submitter', 'RSS Submitter', 'Directory Submitter', and 'List Wizard'. The main content area features two large text input fields: 'RSS Title' and 'RSS URL (1 RSS URL per line)'. A small note next to the 'RSS URL' field states: '* A URL is a feed's Web address. It usually looks like 'http://www.example.com/RSS''. At the bottom left, there is an 'RSS Creator' button with an RSS icon. At the bottom center, a message reads 'All text fields are (Spinnable)'. At the bottom right, there is a 'Save to Account Info' button. The status bar at the very bottom shows 'Working Profile: No Profile Loaded' and 'Logged In: Full Version'.

The Sick RSS Creator and Submitter

The Sick Proxy RSS Creator and Submitter is accessed by clicking the RSS Feeds tab, and then clicking the RSS Creator icon in the bottom left.



Once launched the Sick RSS Creator window will open.

The screenshot shows the 'RSS Creator' application window. At the top, the title bar reads 'RSS Creator' with standard window control buttons. Below the title bar, there are several input fields and buttons:

- Feed Name:** An empty text input field.
- Feed Description:** A text input field containing the text 'This is where you would place your about me. Hi m'.
- URLs:** A label indicating '(one per line, limit 100)' above a large, empty text area for listing URLs.
- Buttons:** 'URL Manager' and 'Grab Last 99 URLs' are positioned to the right of the URL input area.
- HostMyRss Section:** A sub-section with a blue header containing four input fields: 'Username', 'Email', 'Password', and 'Full Name'. A 'Create Account' button is located at the bottom right of this section.
- Bottom Section:** Contains three buttons: 'Save to HostMyRss', 'Save to Disk', and 'Save & Exit'. Below these buttons are two radio button options: 'Create from Site Data' (unselected) and 'Create from Sick Data' (selected).

At the bottom right of the URL list area, the text '0 URLs' is displayed.

Add or modify the Feed Name and description and click URL Manager to hand select which URLs you would like to use, or click Grab last 99 to capture the last 99 URLs created.

You will then have an option to create a HostMyRSS account by completing the form, and clicking create account, if a profile is loaded these will be auto filled for you.

The screenshot shows the 'RSS Creator' application window. At the top, there are standard window controls (minimize, maximize, close). Below the title bar, the form is organized as follows:

- Feed Name:** A text input field containing 'Feed Name'.
- Feed Description:** A text input field containing 'This is where you would place your about me. Hi m'.
- URLs:** A label indicating '(one per line, limit 100)'. To the right are two buttons: 'URL Manager' and 'Grab Last 99 URLs'.
- URL List:** A large, empty text area for pasting URLs. A green arrow points from this area down to the HostMyRSS section.
- HostMyRss:** A section with a blue header. It contains four text input fields: 'Username' (jondoe75), 'Email' (jondoe75@myemail.com), 'Password' (password), and 'Full Name' (jon doe). A 'Create Account' button is located to the right of these fields.
- Save Options:** At the bottom, there are three buttons: 'Save to HostMyRss', 'Save to Disk', and 'Save & Exit'. Below 'Save to Disk' are two radio buttons: 'Create from Site Data' (unselected) and 'Create from Sick Data' (selected).

Click Create Account to have Sick setup a HostMyRSS account for you.

Feed Name:

Feed Description:

URLs: (one per line, limit 100)

0 URLs

HostMyRss

Username **Email**

Password **Full Name**

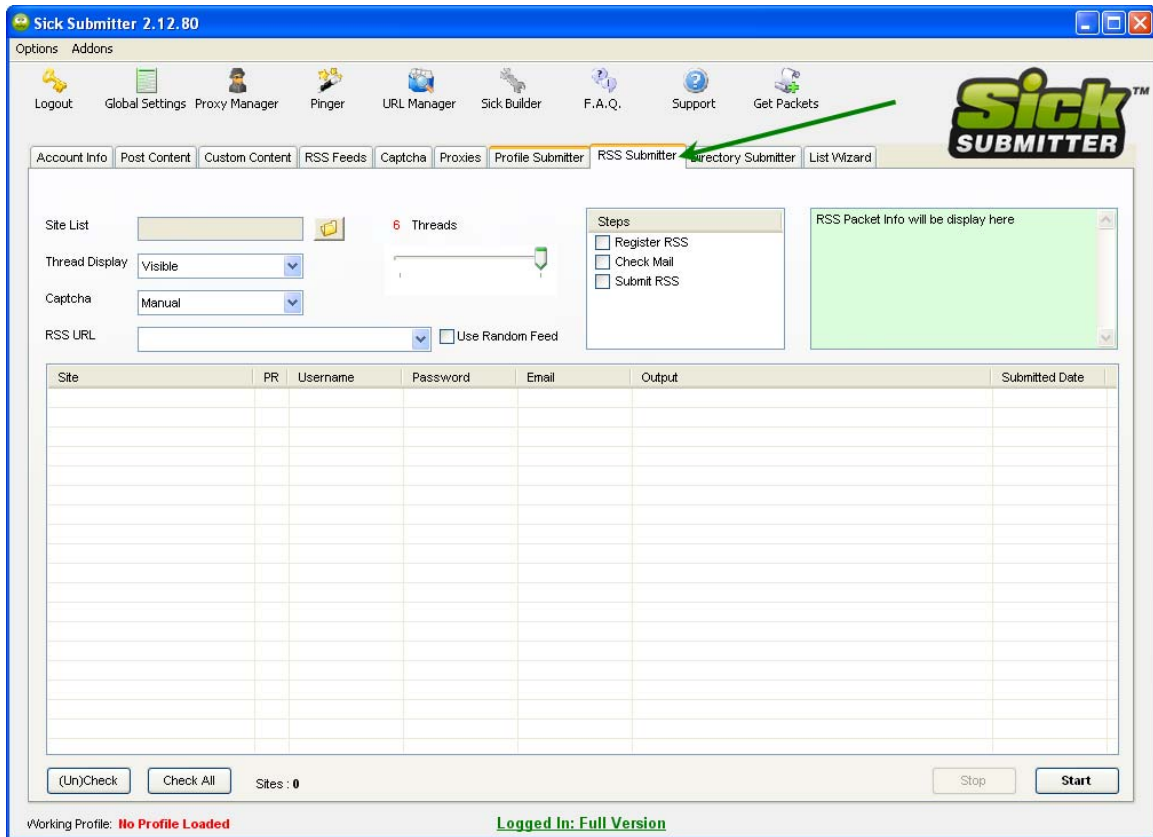
Create from Site Data Create from Sick Data

You can then save your RSS feed to HostMyRSS or to your local disk. The 2 options to the right will scrape your profiles for RSS Data, or use your profile data to create an RSS feed. The Sick Data option will create a much better keyword based feed. After your RSS feed is saved click exit.

The screenshot shows the 'RSS Creator' application window. At the top, there are standard window controls (minimize, maximize, close). Below the title bar, the 'Feed Name' field contains 'Feed Name'. The 'Feed Description' field contains 'This is where you would place your about me. Hi m'. To the right of the description field are two buttons: 'URL Manager' and 'Grab Last 99 URLs'. Below these is a large text area for 'URLs: (one per line, limit 100)', which is currently empty. At the bottom right of this area, it says '0 URLs'. Below the URL area is a section for 'HostMyRss' with four input fields: 'Username' (jondoe75), 'Email' (jondoe75@myemail.com), 'Password' (password), and 'Full Name' (jon doe). A 'Create Account' button is to the right of these fields. At the bottom of the window, there are three buttons: 'Save to HostMyRss', 'Save to Disk', and 'Save & Exit'. Two radio buttons are located between 'Save to Disk' and 'Save & Exit': 'Create from Site Data' (unselected) and 'Create from Sick Data' (selected). Two green arrows point from the 'Create from Sick Data' radio button to the 'Save to HostMyRss' and 'Save & Exit' buttons.

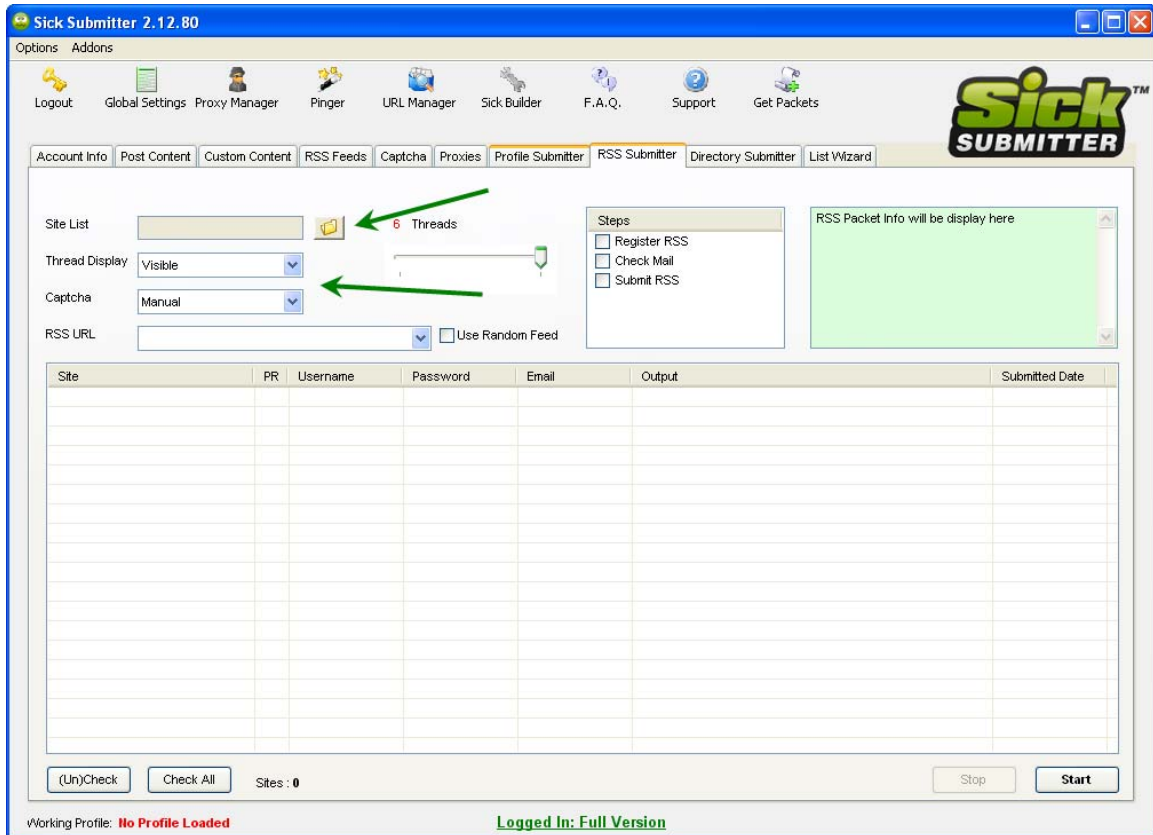
Submitting your new RSS Feeds.

Our new RSS Submitter Tab contains 25 sites you can use to submit your new feed(s) to.

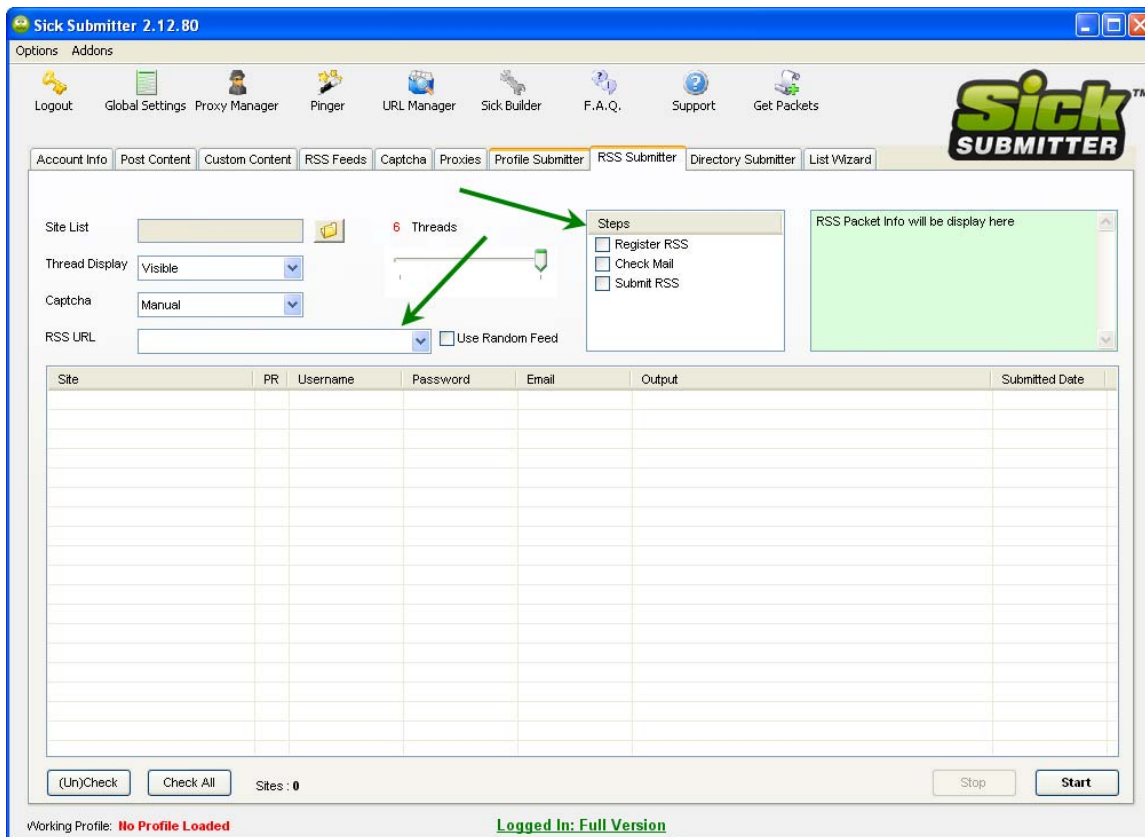


This tab is much like any other in Sick Submitter.

Choose your site list by clicking the open icon
Set your thread and captcha options



Select your feed, and the steps to register, activate and submit your feed. The RSS URL drop down will allow you to select a specific RSS URL (which is grabbed from your RSS Feeds tab)



Click Check All, and Start

The screenshot shows the 'Sick Submitter 2.12.80' application window. The 'RSS Submitter' tab is active, displaying a list of 25 sites. The 'Check All' button is highlighted with a green arrow, and the 'Start' button is also highlighted with a green arrow. The interface includes various settings like 'Thread Display' (Visible), 'Captcha' (Manual), and 'RSS URL'. A 'Steps' panel on the right lists 'Register RSS', 'Check Mail', and 'Submit RSS'. A status bar at the bottom indicates 'Working Profile: No Profile Loaded' and 'Logged In: Full Version'.

Site List: rss.sic 6 Threads

Thread Display: Visible

Captcha: Manual

RSS URL: [] Use Random Feed

Steps:

- Register RSS
- Check Mail
- Submit RSS

RSS Site version 1.0
Most of the sites don't need registering

Site	PR	Username	Password	Email	Output	Submitted Date
<input type="checkbox"/> blogdigger.com						
<input type="checkbox"/> blogpulse.com						
<input type="checkbox"/> feedagg.com						
<input type="checkbox"/> feedgy.com						
<input type="checkbox"/> feedplex.com						
<input type="checkbox"/> feedzie.com						
<input type="checkbox"/> goldenfeed.com						
<input type="checkbox"/> icerocket.com						
<input type="checkbox"/> metafeeder.com						
<input type="checkbox"/> plazoo.com						
<input type="checkbox"/> readablog.com						
<input type="checkbox"/> overskrift.dk						
<input type="checkbox"/> feedstumbler.com						
<input type="checkbox"/> anse.de						
<input type="checkbox"/> oobdoo.com						
<input type="checkbox"/> webloglot						
<input type="checkbox"/> ngoid.sourceforge.net						
<input type="checkbox"/> solarwaro.net						

(Un)Check Check All Sites : 25 Stop Start

Working Profile: **No Profile Loaded** **Logged In: Full Version**