

**Welcome to the
REU Program in Solar and Space Physics
University of Colorado, Boulder
Summer 2007**

**Please find Enclosed:
The REU Student's Guide
Boulder Convention and Visitors Bureau Guide
Boulder Map**

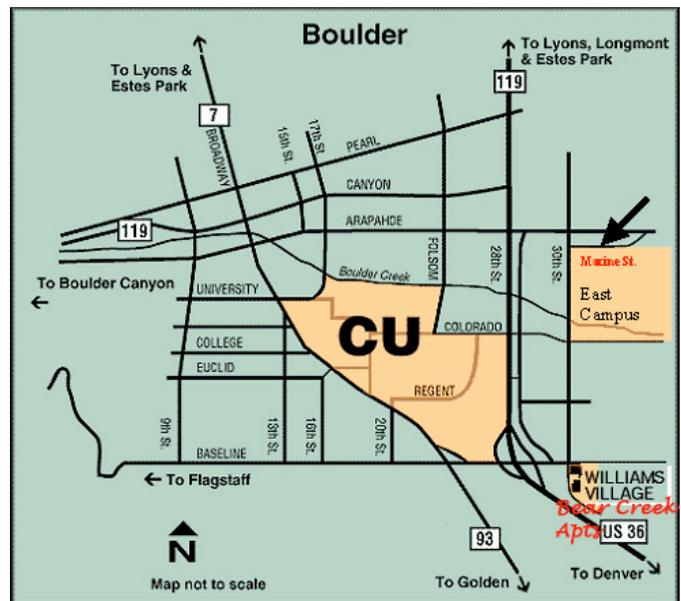
The REU Student's Guide

Housing



As an REU student, you will be staying in **Bear Creek Apartments** located just south east of main campus and south of LASP in Williams Village. The apartments are a short bus ride or walk to main campus, LASP, and shopping areas. There will be four students per fully furnished, non-smoking apartment. Upon arrival, LASP will provide you with cookware, eating utensils and dishes which you will return before you leave. A shuttle to campus and access to the dining hall will **not** be available, but you will be given a bus pass and additional money for food.

If you are having difficulty with or have a question about your living situation, you should contact Erin Wood, (303) 735-0962 or email her at Erin.Wood@lasp.colorado.edu.



Things you should bring:

- Linens for x-long twin bed
- Pillow
- Alarm Clock
- Towel
- Laundry bag
- Toiletries

Your apartment is equipped with:

- Full furnishings
- Kitchen w/ microwave and dishwasher
- Local telephone service
- Cable service
- High-speed Internet service
- Free access to on-site recreation facilities (i.e. game room, volleyball court)
- Pay-per use recreation center
- Coin-operated laundry Facilities

You will not be provided:

- TV
- Stereo
- Personal Computer
- Telephone

http://housing.colorado.edu/housing/c_bearcreek.cfm

Participating Organizations

LASP

LASP is a research institute within the University of Colorado whose primary focus is in four major groups: solar influences, planetary physics, atmospheric science, and space physics. LASP is one of only a few institutions capable of implementing entire space missions, including design, fabrication, and operations of both individual instruments as well as entire spacecraft, CU students have made very significant contributions to most of these accomplishments. The areas of emphasis include UV and EUV observations of planetary atmospheres, monitoring the Sun and solar corona, observations of planetary rings, and development of UV and EUV instrumentation. (On Map: LASP)

NCAR

UCAR, NCAR, and UOP are part of a collaborative community dedicated to understanding the atmosphere—the air around us—and the interconnected processes that make up the Earth system, from the ocean floor to the Sun's core.

The National Center for Atmospheric Research and the UCAR Office of Programs provide research, facilities, and services for the atmospheric and Earth sciences community. NCAR and UOP are managed by the nonprofit University Corporation for Atmospheric Research. (On Map: Mesa Lab, Foothills Lab, and Center Green)

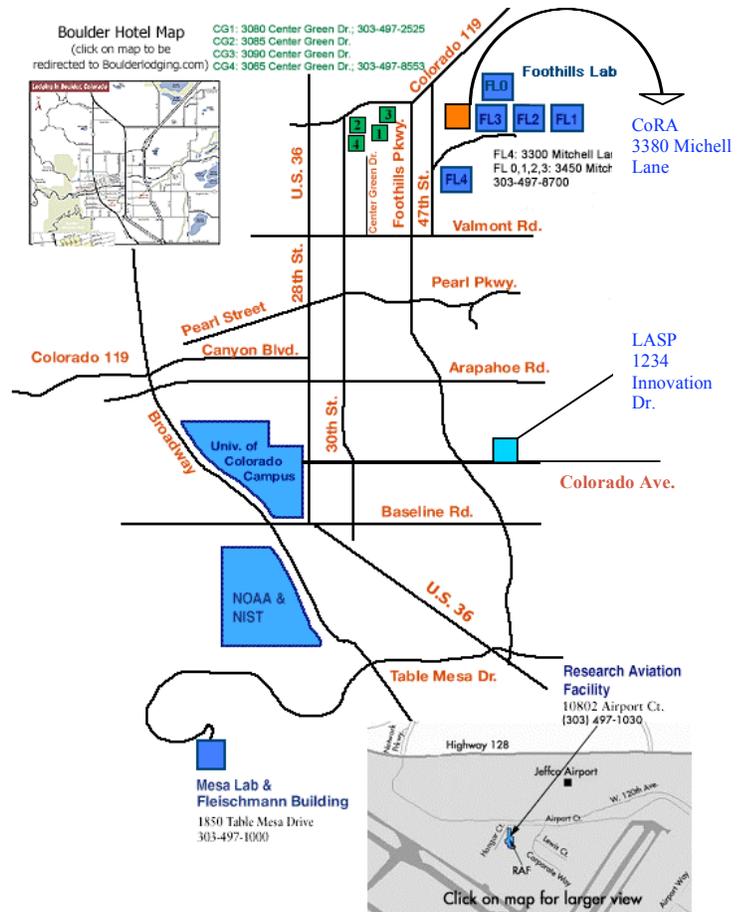
NOAA-Space Environment Center

The Space Environment Center (SEC) is one of the nine National Centers for Environmental Prediction and provides real-time monitoring and forecasting of solar and geophysical events, conducts research in solar-terrestrial physics, and develops techniques for forecasting solar and geophysical disturbances. The SEC Forecast Center is jointly operated by NOAA and the U.S. Air Force and is the national and world warning center for disturbances that can affect people and equipment working in the space environment.

SEC works with many national and international partners who contribute data and observations; we also share our data and products with them. We are pleased to support efforts worldwide to inform users of space weather. (On Map: NOAA & NIST)

CoRA

CoRA undertakes basic and applied research in geophysics, planetary physics, and solar physics. CoRA's expertise is primarily in numerical modeling, theoretical and analytical problem solving, and atmospheric observations at all altitudes. (On Map: CoRA)



Boulder Transportation

Boulder has a wonderful public transportation system. We also have numerous bike trails and lanes, and most of the town can be easily traversed on foot. Cardinal directions are standard in Boulder, and people will usually give directions this way. A good rule of thumb is that the mountains are west, and the Sun is always south of overhead (the Zenith for you astronomy geeks, this author included).



The Hop - one of Boulder's small buses. Photo: Community Transit Network web site.

Bus

You will be provided a local bus pass, good for getting around Boulder. There are two great sources to help you get where you're going:

This link to the City of Boulder website has maps of all local bus routes:

http://gisweb.ci.boulder.co.us/website/pds/Transportation_gisweb/viewer.htm?frame=3&layers=00001

The Regional Transportation District's site has schedules and maps of most busses. Under "Trip Planner," you can type in the address of where you're coming from, and where you need to go, and it will give you complete instructions on which buses to take when and where.

<http://www.rtd-denver.com/>

Grocery Stores

King Soopers is located on the corner of 30th and Arapahoe Avenue. From Bear Creek, go to the stop on Baseline road and take the northbound "Bound" bus.

Whole Foods is near the "Bound" route. Get off the northbound "Bound" near 30th and Pearl. Whole Foods is located near 28th and Pearl.

Safeway can be reached by the "Bound" bus, and is located on the corner of Iris Avenue and 28th. Take the northbound "Bound" bus from Baseline.

Wild Oats, a natural food store, is about a half-mile from Bear Creek. Take the westbound "Bound" bus and get off at or near Broadway and Baseline. It is in the Basemar Center on the corner of Baseline and Broadway. It is also within walking distance. If you go west up Baseline, it is on the south side of the street. The Basemar Center runs the entire length of the block.

Boulder Weather and Environment

Weather

Boulder is hot in the summer, but has low humidity. It sometimes gets cold in June, so be prepared. It often gets chilly at night, even in July and August. Expect afternoon thunderstorms. <http://www.crh.noaa.gov/forecast/MapClick.php?CityName=Boulder&state=CO&site=BOU>

Environment

Altitude Sickness

Boulder is almost a mile in altitude. People who come from lower altitudes often become dizzy and short of breath the first few weeks before adjusting. Drinking plenty of water can alleviate some effects of altitude sickness.



A view of CU-Boulder from above

Dehydration

Because Colorado is so dry, drinking plenty of water is a good idea for the entirety of your stay to prevent dehydration.

Sunscreen Use

It is imperative to wear sunscreen if you plan to be out during the day. More UV radiation reaches the ground than at sea level because the atmosphere is thinner at this altitude.



Boulder Recreation

Hiking and Climbing

Boulder, being home to a stretch of the Rocky Mountains, has plentiful trails for hiking that accommodate a variety of abilities and access to climbing areas. If you plan to hike, be sure to bring appropriate footwear, water, and sunscreen.

http://www.bouldercolorado.gov/index.php?option=com_content&task=view&id=3058&Itemid=1037

Chautauqua Park on 9th and Baseline has hiking trails. Take the westbound “Bound” bus and get off at Baseline and Broadway. Go west up Baseline. Or take the 203 bus from Baseline and get off just past Broadway. <http://www.coloradomusicfest.org/season.htm>

In-door Centers

Boulder Parks and Recreation has several public indoor recreation centers with a variety classes, drop-in activities, and passes.

http://www.bouldercolorado.gov/index.php?option=com_content&task=view&id=39&Itemid=73 Click on Recreation Facilities- Admission Fees, Passes and Gift Cards for rates. This site also has links to outdoor swimming at the Boulder Reservoir, parks, and a City Event Calendar.

The Student Recreation Center has many facilities, including an indoor ice skating rink. Guests pay \$5.00 /day or \$17.00 /week. It is located on the main campus. Catch the 209 bus to get to main campus. There are stops along Baseline and along 30th street close to Bear Creek.

<http://www.colorado.edu/rec-center/index.html>



The Student Recreation Center

Shopping

The historic **Pearl Street Mall** is an outdoor shopping mall which has live, free entertainment all summer, as well as retail stores. The surrounding area has many dining opportunities. It is easily accessible on the Hop and Skip bus routes. From Bear Creek, take the northbound “Bound” bus. Get off at 30th and Pearl. Catch the westbound “Hop” bus and get off at 17th and Pearl. On foot, go west to enter the mall.



A view of the Pearl Street Mall

The **29th Street Mall** is Boulder’s newest retail area. It also has numerous fast food and sit-down restaurants. From Bear Creek, take the northbound “Bound” bus. Get off at 30th and Walnut. Cross to the west side of the street and go about one block west.

<http://www.twentyninth.com/>

Music and Entertainment

Boulder Theater offers live bands and films. From Bear Creek, take the northbound “Bound” bus. Get off at 30th and Pearl. Catch the westbound “Hop” bus and get off at 17th and Pearl. On foot, turn west to enter the mall. The theater is on 14th between Pearl and Spruce, just north of Pearl. <http://www.bouldertheater.com/>

Fox Theater has live bands. Please check age restrictions *before* purchasing tickets. From Bear Creek, take the northbound “Bound” bus. Get off at 30th and Pearl. Catch the westbound “Hop” bus and get off at College Ave. This is “The Hill.” The Fox is near 13th street. You can also catch the 209 to main campus and cross Broadway to get to “The Hill.”

<http://www.foxtheatre.com/JabbaWeb/Index2.aspx>

The Foundry has live local bands, but is also a bar. Cover charges may apply. IDs required. From Bear Creek, take the northbound “Bound” bus. Get off at 30th and Pearl. Catch the westbound “Hop” bus and get off at Broadway and Pearl. On foot, turn south to Walnut. Go west on Walnut. The Foundry is on the 11th block. <http://www.foundryboulder.com/>

Maybe you’re into classical music? Come to the **Colorado Music Festival at Chautauqua Park**. Take the westbound “Bound” bus and get off at Baseline and Broadway. Go west up Baseline. You can also take the 203 bus from Baseline and get off just past Broadway. Chautauqua Park is on 9th and Baseline. <http://www.coloradomusicfest.org/season.htm>

Boulder is home to the **Colorado Shakespeare Festival**, which runs all summer from Boulder campus. You can catch the 209 bus to get to main campus. There are stops along Baseline and along 30th street close to Bear Creek.

<http://www.coloradoshakes.org/>



The Shakespeare Festival

Check the free local newspaper, the **Colorado Daily**, for events. You can find the Colorado Daily at most coffee shops, on campus, and in the LASP lobby.

