

Hi Everyone:

We are very excited that you will be coming to the Buck Institute for Research on Aging in Novato, California for the Fifth Skyline Buck Institute Targeted Proteomics course. We have assembled the following information that might help you prepare for your visit.

The Buck Institute is located just 30 miles North of San Francisco in Novato, CA (8001 Redwood Blvd.) on the hillside of Mount Burdell overlooking the North End of the San Francisco Bay and parts of Sonoma County.

### **Course Times:**

Monday, April 13, 2020 the course starts at 9:00 am. Please arrive around 8:45 am for registration on Monday. Tuesday morning a voluntary Sky-Jam session starts at 8 am, the official course program always starts at 9 am throughout the rest of the week.

### **Lodging Options:**

In Navato:

- The [Novato Oaks Inn](#): For reservations, please call the hotel directly 415-883-4400 or 800-625-7466.
- [Courtyard Marriott](#) (Sonoma)

Both the Novato Oaks and the Courtyard Marriott do provide Shuttle rides within Novato and to the Buck Institute, and both are close to the Marin Airporter bus service to and from SFO airport [marinairporter.com](http://marinairporter.com), Hamilton/Novato Stop).

Elsewhere:

There are other hotels in nearby San Rafael (distance ~11 miles), and San Francisco (distance ~30 miles) which however would require some transportation arrangements to the Buck Institute.

### **Transportation Options:**

Airports:

1) From San Francisco International Airport – SFO (preferred airport with more options for transport to Novato) the Marin Airporter can take you to the **Hamilton Station in Novato** which is closest to the Buck Institute - \$23 each way. The Airporter bus leaves every half hour from each terminal and does not need to be prearranged. The driver can call the Novato Oaks Inn to let them know you have arrived and ask for the shuttle to the hotel. The Marriott Courtyard is an easy walk, right across

the street from the Hamilton Station. Here is a link to their schedules etc.:  
<http://www.marinairporter.com/> (no reservation required)

Alternatively:

From Oakland International Airport, we recommend Marin Door to Door. Reservation required, you can book online, cost will be about \$50 each way. Here is the link to their website:

<http://www.marindoortodoor.com/> -note: these are shared rides and typically take longer than the Airporter Bus above.

Taking a taxi/Uber from either airport can be quite expensive specifically depending on time of day (the drive to the Buck Institute will take ~ 1-1.5 hours depending on traffic).

2) Both hotels we recommended (Novato Oaks Inn & Marriott Courtyard) have a free hotel shuttle that will bring you to the Buck Institute and back to the hotel at the end of the day. Make sure you arrange this when you check-in. Also you may like to coordinate hotel shuttle rides with other participants at the same hotel.

3) Driving by Car: Driving from San Francisco or from the East Bay to Novato should be relatively easy as this is against commute traffic, both in the morning and evening. Please park in the upper parking lot under our brand new solar farm! All parking is free. If you need help with directions, contact Cynthia Curtice at 415-209-2030 or by email at [ccurtice@buckinstitute.org](mailto:ccurtice@buckinstitute.org).

4) Novato Taxi Services - Here is a link to a recommended taxi company in Novato: <http://www.safaritaximarin.com/> or Uber and LYFT are available.

5) For local travel in and around Novato, call Novato Dial-a-Ride, reservation required (one week in advance). Call 415-892-7899.

<http://www.marintransit.org/novatodialaride.html>

If you are traveling in the Marin/Sonoma county area you might consider the SMART train as an option. <https://www.sonomamarintrain.org/>

6) Public transportation is limited as the nearest bus stop is about 1 mile away. Instead you could consider carpooling with other local course participants (to be arranged by the participants on their own). Please contact us if you need additional help.

### **Food:**

1) Lunch will be catered each day. Coffee, tea, water and other snacks will be provided all day. Wednesday evening there will be a group dinner for all participants and instructors. The dinner will be off site.

2) If you are a vegetarian, have dietary restrictions or food allergies, please email Cynthia Curtice at [ccurtice@buckinstitute.org](mailto:ccurtice@buckinstitute.org) by February 15, 2020.

### **Weather:**

The Buck Institute is located in Northern California. The weather here is generally

mild in April, usually it is beautiful and Spring-like! But it can cool off some at night and there may be some rain.

**Computer Information:**

Please bring your own **PC** laptop. If you need to borrow a **PC** laptop (very limited resources), please email Birgit Schilling at [bschilling@buckinstitute.org](mailto:bschilling@buckinstitute.org) and we can possibly arrange a loaner laptop from the Buck IT department. Free wireless is available at the Buck Institute. If you are an international visitor please bring your own power adaptor.

**Accessibility:** The Buck Institute is considered fully accessible for people with disabilities. Please let Birgit Schilling know if you have specific needs.

If you need any other information, please feel free to contact Birgit Schilling at any time – [bschilling@BuckInstitute.org](mailto:bschilling@BuckInstitute.org), 415-209-2079.  
Or Cynthia Curtice at [ccurtice@buckinstitute.org](mailto:ccurtice@buckinstitute.org), 415 209 2030.