To the Class of 2016:

On behalf of the Medical Student Government and the entire student body at the Medical College of Virginia, we would like to welcome you to MCV, a school rife with tradition and excitement, and the city of Richmond, an area known for its Southern charm and wide variety of pleasant diversions. In this publication, you will find a variety of information about life at MCV, both inside the classroom and beyond. This is an informal guide published by students for students – and, as such, does not reflect any official endorsement of the information contained in this packet, by Virginia Commonwealth University, or offices, departments and divisions within the School of Medicine.

As things change quickly at MCV, it is possible that information provided for you in this packet will be updated throughout your first year and throughout your four years on campus. Therefore as this guide serves as a great reference point, make sure to always stay aware of information disseminated from the Admissions Office, the Medical Student Government and your class council. Any questions specifically regarding the content in this packet should be directed to the editorial staff, whereas questions regarding the academic curriculum or personal circumstances should be directed to the Curriculum Office and the Office of Student Affairs. We hope this guide will ease your transition in your first year of medical school. We look forward to meeting you all this year and helping you in any way possible.

Welcome to the MCV family!

Sincerely,

Adam Rossi, Tejas Shah, and Valerie Tulbovich- Class of 2016 Confidential Aides
M2 Class Council
Medical Student Government
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MCV or VCU...So, Exactly Where Do I Go to School?

A subject rife with controversy, and one you're sure to encounter throughout your first year at this school, is the above question. To properly answer it first requires a small history lesson. The Medical College of Virginia (MCV) was founded on December 1, 1837, when the president and trustees of Hampden-Sydney College created a medical department in Richmond. In 1854, this medical department became the Medical College of Virginia, an independent institution.

The college's first permanent building, the Egyptian Building, opened in 1844 for medical instruction and hailed to this day as one of the finest examples of neo-Egyptian architecture in the United States! In 1860, when the Commonwealth of Virginia appropriated $30,000 for MCV’s first hospital (Old Dominion Hospital, since decommissioned), MCV became a state-supported institution. In 1893, a second medical college, the College of Physicians and Surgeons, was established just two blocks from the Egyptian Building. In 1894, its name was changed to the University College of Medicine. This college and MCV were consolidated in 1913. MCV continued to operate as a state-supported, free-standing medical school during the first part of the 20th century. Concerns about whether free-standing medical schools would continue to receive accreditation by the precursor to the Liaison Committee on Medical Education (LCME) had been whispers at MCV since the turn of the century; in the early 1960s, however, these whispers became a full roar in the hallways of the Virginia General Assembly, the state's legislative body. To address those concerns - as well as to achieve the General Assembly's goal to establish a comprehensive state university in the city of Richmond—the Medical College of Virginia was merged with the Richmond Professional Institute to establish Virginia Commonwealth University (VCU) in 1968.

In the years immediately following the merger, MCV continued to operate as an autonomous unit of VCU, retaining the medical college's colors (green and white), mascot (the Medics) and its name (established by the General Assembly in the Code of Virginia as "the Medical College of Virginia, the Health Sciences Division of Virginia Commonwealth University"). As time progressed, however, VCU officials expressed growing frustration during attempts to unite MCV with VCU's other academic operations as one university, both in spirit and in name; university administrators thus sought to re-brand MCV via strengthening of its association with VCU. These efforts have faced considerable resistance from faculty, staff and alumni at MCV in the years following VCU's establishment. Trying to seek a compromise, the MCV moniker was changed to reflect its association with VCU; through the 1980s, the school used various names, the most popular being "Virginia Commonwealth University/Medical College of Virginia." In the mid-1990s, however, a prominent USA Today article highlighting research conducted by MCV researchers referred to the institution as "Virginia Medical College, the medical branch of the University of Virginia." Incensed, university officials moved to address the name debate, removing any MCV references and renaming the school as the VCU School of Medicine.

In recent years, the administration has promoted the idea that we attend the Virginia Commonwealth University School of Medicine on the MCV Campus, in the tradition of the Medical College of Virginia. Try putting that on a T-shirt.

You will see that this guide continues to refer to the school as ‘MCV’ as most people still (unofficially) do. That is because this is an unofficial publication. Any official communications from this school will refer to this school as mentioned above, as will all other schools on the MCV Campus (i.e., dentistry, pharmacy, allied health professions, nursing and public health). Respected hospitals and medical organizations recognize the MCV moniker. The large emboldened title above does not currently have an abbreviation or acronym, and thus, is not well recognized. As far as answering the question of what school you go to, simply refer to your constitutionally-defined right to free speech. Call it what you want -- after all, it is YOUR medical school!
Facts About MCV

Today, MCV consists of the schools of Allied Health Professions, Dentistry, Medicine, Nursing, Public Health and Pharmacy. More than 3,000 students, interns, residents, and postdoctoral fellows receive education in the health sciences on the MCV campus. Nearly 1,000 full-time and part-time faculty are involved with the medical school alone, and MCV is the eighth-largest university hospital complex in the country!

The hospital is consistently ranked among the top 100 hospitals in the United States by multiple national surveys, including the prominent U.S. News and World Report ranking. MCV ranks among the foremost transplant centers in the world, particularly in kidney and heart transplants. Its neuroscience, neurosurgery, nephrology, internal medicine, cancer care, palliative care, obstetrics and gynecology, orthopedic surgery, geriatric medicine and physical medicine and rehabilitation services rank among the foremost in the country, while the women's health, community health and drug/alcohol abuse services rank among the top 20 in the country. The MCV Campus is one of the nation's leading academic medical centers; graduate training in nurse anesthesia (#1), health administration (#4), dentistry (#13), occupational therapy (#13), rehabilitation counseling (#13), pharmacy (#21), physical therapy (#24) and nursing (#47) all rank among the top in their field by U.S. News.

Traditions and Annual Events

As you can see from above, MCV is rich with history and tradition. There will be many events throughout the year, but below are several of the biggest.

Orientation Week: Let's Get it Started

As you begin your orientation to the next four years of your life, don't be surprised to see more than a few upperclassmen milling about orientation activities. There's good reason - in addition to the free food and drink provided at many events, MCV students are famously active in the school and university community and love to showcase that involvement during orientation week. Highlights include the Student Organization Fair held at the end of orientation week, the student-run "Introduction to Richmond" session and multiple panels about how to succeed in medical school while falling in love with Richmond (or as close to it as you prefer). Be prepared to meet a ton of people - upperclassmen and faculty alike love meeting each year's incoming M1 class and welcoming the newest additions to the MCV family, along with grabbing a respite from second-year studies or service on the wards!

“Liver Rounds” Social Hour: Where Everybody Knows Your Name

“Liver Rounds” Social Hours is a monthly social event sponsored by the Medical Student Government and held at various Richmond clubs/restaurants. Think of it as happy hour for the medical community. The MSG provides the place, free food, and a reasonable excuse (“My professor's gonna be there!”); you provide the witty banter. The purpose of the social hour is to encourage all four medical school classes, basic health science faculty, clinical medicine faculty, and administration to meet regularly with one another on a more personal level. It is hoped that this type of communication will foster a sense of community as well as personal and professional growth throughout our medical school careers. It's also very cathartic to get off the MCV campus to grab a free drink and some munchies. Social hour is generally held from 5ish-9ish PM, on one Friday each month, usually following an M1 or M2 exam and according to which Friday (1st, 2nd, 3rd, or 4th) most accommodates all four medical school class schedules. The choice of location and entertainment (live music) will be posted all over the campus, so keep your eyes peeled. Also, make sure you let your clinical and health science faculty members, administrators and residents know when and where “Liver Rounds” Social Hours are---they need to escape the campus sometimes, too!

Medicine Ball: A Chance To Get A Little Formal

Medicine Ball is the annual formal for the School of Medicine and is usually held in November. Students
from all classes along with some faculty and staff attend. It’s a great opportunity to see your friends and classmates and to have a fantastic evening dancing. This is especially important after several weeks of Anatomy lab when you never quite feel as clean as you once did. There will be other formals and other parties, but you don't want to miss this one. It's a lot of fun and there's nothing quite like it the rest of the year. See you there!

**MCV Winter Ball: Meet the Other Schools at MCV**

MCV Winter Ball is the annual formal for all the schools at the Medical College of Virginia and is usually held in the February at the beautiful Jefferson Hotel. Students from the medical school, dentistry school, pharmacy school, nursing school and the PT, OT, public health and other graduate programs get a chance to get to know each other, have wonderful food, and dance the night away. Talk to your SGA representative for more information - and be sure to grab tickets early, as they tend to sell out fast!

**Match Day: The Future is Now**

Each year in March, the M4 class gathers in downtown Richmond to celebrate the passing of the past four years and the promise of the next three to ten to come. The occasion: Match Day, when applicants around the country learn where they'll be heading for residency. A day filled with both anxiety and joy for the fourth-years, Match Day also makes for a fantastic afternoon party, with a special “Cheers” Social Hour following that evening. Come and see where your favorite graduates are headed for the next few years. There will be laughter, shouting and an occasional tear, but the chance to see the entire spectacle - and realize that you'll be doing the same in a few years - isn't one to be missed!

**Take-Offs: The Seniors Strike Back**

Quite possibly the most fun you'll have with senior faculty and administrators on campus, Take-Offs are put on each May by the M4 class, consisting of a series of skits about their collective experience at MCV. No one, be they administrators, faculty members, attendings, other students, residents or staff, is spared from the onslaught. Food and drinks are usually provided, and the evening is a great chance to learn some MCV lore (particularly for your third and fourth years!) while interacting with the soon-to- be graduates. Electronic copies are sometimes available, but be warned: nothing beats seeing the show in person alongside the very people being skewered on screen!
Random MCV Information for Your Everyday Knowledge

Colors

MCV's traditional colors are forest green and white, while VCU's official colors are gold and black. Take your pick and roll from there.

Sports

MCV has a considerable legacy of athletic success; in the early 20th century, MCV fielded football teams against such schools as Wake Forest, William and Mary, Virginia Tech, Hampden- Sydney, Randolph Macon College and the universities of North Carolina and Virginia. While the "Medicos" have long since retired, the tradition continues via MCV’s performance in MCV Campus and university-wide intramural sports, with medical student teams regularly bringing "home" championships in indoor soccer, flag football, basketball, tennis and volleyball. The competition can get pretty spirited, particularly with the large number of former collegiate athletes who come to MCV, so if you're a fan of sports, IM competition is definitely not to be missed.

Junto

MCV's own secret society, the MCV Junto is comprised of students, faculty, administrators and alumni members who seek to preserve and promote the legacy and mission of the Medical College of Virginia. No one knows exactly who the members are, but their presence is palpable - just look for their telltale skull and crossbones symbol to explain how a sign was erected seemingly spontaneously or from where certain anatomy study materials originated!

Statue of Hippocrates

Presented to the Medical College of Virginia by Virginians of Greek Ancestry, the bust of Hippocrates (the Grecian "father of medicine") stands in the Medical Sciences Building Plaza between the Egyptian Building, MSB I and MSB II. Rubbing the statue's head prior to an exam is supposed to bring good fortune to the stressed-out MCV student, but no verifiable evidence of that association currently exists. By all means, however, rub the bust, if you so desire!

Class Gifts

With over 170 years of history - and graduating classes - it stands that MCV has a strong base of alumni who return to campus regularly, often to bestow the school with various gifts. This tradition begins at graduation, when each class donates a class gift to the school to stand as a symbol of the legacy left by its members. Some of these gifts are more prominent than others (the seal gifted by the Class of 2007 in the MSB Plaza being a prime example), but they exist all over campus. Take a study break and try to see how many you can uncover; you might be inspired to help select your own class's gift!
## Who do I call when I need to…?

The VCU School of Medicine is just one unit in a university of 30,000-plus students – so it’s not exactly the easiest place to navigate! Below you’ll find some go-to information during your years here at the Medical College of Virginia - and while the list is by no means comprehensive, it’s definitely a good place to start.

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<th>So you need to…</th>
<th>Contact/Phone No./E-mail</th>
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<tr>
<td>… have that nasty cough checked out?</td>
<td>VCU Student Health – 804-828-9220</td>
</tr>
<tr>
<td>… have that nasty “lesion” checked out?</td>
<td>VCU Student Health, then go to the MCV Emergency Room.</td>
</tr>
<tr>
<td>… be let into CIRC on the weekend because my card hasn’t been activated?</td>
<td>Curriculum Innovation Resource Center – 804-828-8319</td>
</tr>
<tr>
<td>… get down “the hill” to the parking lot at 2 A.M. after burning the midnight oil on Sanger 6?</td>
<td>VCU Escort Service – 804-828-WALK (804-828-9255)</td>
</tr>
<tr>
<td>… check the hours at the MCV Campus gym?</td>
<td>Larrick Student Center – 804-828-6100</td>
</tr>
<tr>
<td>… find out if the pick-up volleyball game’s still on at the Siegel Center?</td>
<td>Stuart C. Siegel Center – 804-827-1100</td>
</tr>
<tr>
<td>… get directions to your intramural dodgeball championship at the Cary St. Gym?</td>
<td>Cary Street Complex – 804-828-6219</td>
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<td>… figure out if my snow day prayers worked?</td>
<td>VCU Inclement Weather hotline – 804-278-1727 or <a href="http://www.vcu.edu/alert">www.vcu.edu/alert</a></td>
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<td>… request a make-up date for my next exam?</td>
<td>School of Medicine Curriculum Office – 804-828-9790</td>
</tr>
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<td>… discuss ways to improve my Biochem grades?</td>
<td>VCU Office of Special Services for Students – 804-828-9782</td>
</tr>
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<td>… just talk to someone about why I’m feeling so down lately?</td>
<td>VCU Counseling Services – 804-828-3964</td>
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<tr>
<td>… reserve a room for a lunch lecture?</td>
<td>See Marta Leiva in Admissions hallway- Office of Student Affairs – Sanger 1-002.</td>
</tr>
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<td>… report something to the police?</td>
<td>VCU Police – 804-828-1234</td>
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<td>… get funding for an event I’d like to conduct?</td>
<td>First talk to the staff in Student Affairs; then contact either the Chair of the School of Medicine Annual Fund or the MSG President- Rami Maarouf, M4: <a href="mailto:maaroufroe@vcu.edu">maaroufroe@vcu.edu</a></td>
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<td>… get funding for a meal I’d like to eat?</td>
<td>School of Medicine Office of Financial Aid – 804-828-4006</td>
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<td>… get a Ph.D in addition to my M.D. degree?</td>
<td>School of Medicine M.D./Ph.D. Physician-Scientist Training Program – 804-828-0673</td>
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<td>… understand the complexities of health care management and policy while also earning a M.D.?</td>
<td>School of Medicine/Department of Health Administration – 804-828-8664 or visit <a href="http://www.had.vcu.edu">www.had.vcu.edu</a>.</td>
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<td>… obtain a thorough training in medicine and public health?</td>
<td>School of Medicine/School of Public Health – 804-828-9785 or visit <a href="http://www.epidemiology.vcu.edu">www.epidemiology.vcu.edu</a>.</td>
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Guide to Classes

**Please keep in mind that these are opinions of students. Do what works for you. All the books on the required and recommended list are available in CIRC (Curriculum Innovative Resource Center)**

Foundations of Clinical Medicine (FCM)

This class teaches you how to be a doctor and is all year long. It emphasizes how to develop rapport with patients, take histories and do all the physical exams. Every other week you meet with a small group led by a physician and a fourth year student and they guide you in your learning of all these skills. On alternating weeks you meet with an assigned area physician who specializes in Family Medicine, Internal Medicine or Pediatrics. **Stethoscopes are available to check out for the year, so no need to buy one or any other instruments.**

Stuff to buy:  
- *Bate’s Guide to the Physical Examination* - a MUST have  
- *Behavioral Medicine in Primary Care* - optional  
- Stethoscope – required for preceptorship. You can rent from the office or buy one.

Biochemistry

Enzymes, DNA, Molecular Biology of the Cell and Protein, Carbohydrate and Lipid Metabolism pretty much sums it up. It’s a nine-week course with four exams. Team- Based Learning (TBL) is incorporated into this class, during which students are split up into groups of about six and take a quiz on and discuss a research article.  
Book: Syllabus is sufficient

Population Medicine

Teaches the scientific basis of clinical medicine, how to apply research articles, and the importance of evidence-based medicine and public health. It’s a four-week course with two tests and coincides with the first half of Biochemistry  
Book: Syllabus is sufficient

Genetics

How genes, chromosomes and diseases are inherited, how disease genes can be mapped and identified, how mutations in genes cause inherited diseases, and how inherited conditions are diagnosed and treated. It’s a five-week course and coincides with the second half of Biochemistry.  
Book: Syllabus is sufficient.

Gross and Developmental Anatomy and Lab

An intense course surrounded by teaching you the macroscopic anatomy of the body. It’s an eight and a half-week course and has four written exams and lab practicals. Lab practicals consist of about 40 questions and you have a minute and a half at each question to identify the structure on the cadaver. Each day has two hours of lecture which reviews the structures that you will see during dissection in the lab. Lab time is scheduled for two hours after lecture, but the lab is open 24/7. During lab fourth year students help guide you during dissection. This course is intense. Find what study habits work for you early on and stick to them. Mentally prepare for the first day of lab by reading the hints from the M2 class.  
Books and supplies:  
- Netter’s or Grant’s *Anatomy of Atlas* (Do not get both!)  
- Grant’s Dissector (One for the group that you can get “dirty”)  
- Dissector kit (two per group is nice, with extra scalpel blades)  
- Gloves (buy a couple of boxes to share with your group)  
- Scrubs (a couple pairs). Goggles/surgical masks recommended.
Embryology

Human development with an emphasis on the first eight weeks of embryological development. It’s a three-week course with one test.

Book: Syllabus is sufficient.

Behavioral Sciences

Behavioral Sciences is an introduction to human development and behavior focused on non-pathological development. This course is only two weeks long and there is only one test.

Books: Syllabus is sufficient.

Physiology

A course that every student looks forward to taking under Dr. Costanzo’s exceptional teaching style. It is split up into five blocks: cell physiology and muscle, cardio, fluids and GI, renal and endocrinology. Syllabus is more than adequate but some people also like to read the book, especially for the sections not taught by Dr. Costanzo.

Books: Physiology, Linda S. Costanzo
       BRS for Physiology- great summaries and practice problems (a MUST for the Boards)

Histology

Histology covers the microanatomy of the body. It is almost completely integrated with physiology, so they cover the same systems at the same time. The course is a combination of lectures and self-study of Digital Histology. Digital Histology is a compilation of slide images that are used to teach the practical portion of histology. The tests are divided into a written portion and a practical portion. Five total exams and runs concurrently with Physiology and Immunology.

Book: Syllabus is sufficient. Digital Histology is provided for download.

Immunology

Immunology covers the components of the innate and acquired immune systems, how they develop, how they protect the body and what happens when the immune works improperly. This course is four weeks, with two exams. Runs concurrently with final two blocks of Physiology & Histology.

Books: The Immune System, Parham. Use the professor’s lecture to augment the syllabus.
       Reference the textbook for clarification.

Neuroscience

Neuroscience is an intense ending to the year. It covers the anatomy, physiology, and all the neuropathways of the nervous system in five weeks. Neuroscience is taught primarily through lectures and several self-study videos similar to Gross Anatomy. Two exams with a digital practical with first exam.

Books: Neuroscience, Dale Purves. Use the professor’s lecture to augment the syllabus.
       Reference the textbook for clarification.
M-I Class of 2016 Schedule

**2012-2013**

*This schedule is subject to change. Please check E-Curriculum for updates.*

*Please note the dates and times for holidays.*

*Travel should be planned accordingly as exceptions for exams will not be approved.*

**Orientation-Monday, August 6 - Friday, August 10, 2012**

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<td>August 13-May 17 (Wed &amp; Thurs p.m.)</td>
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<td>2. Medical Bioethics</td>
<td>August 13-May 17 (six sessions)</td>
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<td>4. Medical Biochemistry</td>
<td>August 13-October 12</td>
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<td>5. LINC Service Learning</td>
<td>August 13-May 17 (Tuesdays)</td>
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<td>6. Human Genetics</td>
<td>September 11-October 12</td>
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<td>7. Gross &amp; Developmental Anatomy</td>
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**THANKSGIVING BREAK - Nov. 22-25, 2012**


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<td>8. Histology</td>
<td>January 2-April 15</td>
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<tr>
<td>9. Physiology</td>
<td>January 2-April 19</td>
</tr>
</tbody>
</table>

**MARTIN LUTHER KING HOLIDAY, Jan. 21, 2013**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>10. Behavioral Sciences</td>
<td>January 22-February 8</td>
</tr>
</tbody>
</table>

**ANNUAL GERIATRICS LECTURE – TBA (Attendance REQUIRED)**

**SPRING BREAK-March 9-17, 2013**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>11. Immunology</td>
<td>March 6-April 19</td>
</tr>
<tr>
<td>12. Neurosciences</td>
<td>April 22-May 17</td>
</tr>
</tbody>
</table>

**STUDENT HONORS DAY-Friday, May 3, 1-4 p.m.**

Electives are scheduled tentatively for Tuesday afternoons, spring semester.
Studying, studying, studying, and more studying….

***Pre-reading is key to getting the most out of lecture***
***Oracles are very helpful for some classes. Ask your big buddy***

At school:

CIRC on the Mezzanine level of Medical Sciences Building (MSB)
Sanger Hall 6th Floor and 8th Floor—have to have a code (ask an M2)
Tompkins-McCaw Library (if you want to mingle with dental and pharmacy students)
  1st Floor has tables and talking
  2nd floor has study rooms, tables and a quiet room
  Stacks if you want to disappear so no one can find you
Hunton Hall 2nd and 3rd Floors, 3rd floor has private study rooms

Computers at school:

CIRC (only for med students)
Sanger 8th floor by the study lounge
Tompkins-McCaw 1st floor
Hunton Hall 2nd Floor

Close to campus:

Library of Virginia (free wi-fi)  800 E. Broad Street  www.lva.lib.va.us/
Richmond Public Library  101 E. Franklin Street
Cabell Library – on the undergrad campus, Starbucks inside!

Other nice places to study/I want to avoid other med students:

University of Richmond Law Library (William Taylor Muse)
University of Richmond Undergraduate Library (Boatwright)
Virginia Union University Library (L. Douglas Wilder)-
  www.vuu.edu/library/home.htm#lbgeninfo2
Henrico County Public Libraries- http://www.co.henrico.va.us/library/Branches/libs.html
Shockoe Espresso (Shockoe Slip)
Lift Coffee Shop and Café (free wi-fi and an art gallery too!)- www.liftcoffeshop.com/
Captain Buzzy’s (Church Hill)

Or choose your favorite chain store:

Barnes and Noble
Borders
Panera (free wi-fi)
Starbucks
Parking and Getting Around

VCU Parking

- Most info can be found on the website: http://www.bsv.vcu.edu/vcupark/
- http://www.bsv.vcu.edu/vcupark/pdfmaps/RideGuide.pdf is the link to the Fall, 2012 Ride Guide
- But you can also call: 804-828-8726
- Or e-mail: parking@vcu.edu
- Purchase your parking pass online with a credit card…all you need is your eID and password! Be sure to get your pass as early as possible especially if you want to park in the A Lot

A Lot (Broad Street/Franklin & 15th)

- About $118/semester (rate changes so check)
- You can walk up and down the hill, or a bus that runs regularly will take you to from the lot to Sanger (corner of 11th & Marshall)
- Many students opt to park here for the proximity to class as well as the shuttle service. It is also monitored at all times by Parking Services

I Lot (7th Street)

- About $118/semester (rate changes so check)
- A regular shuttle runs to and from the lot to Sanger. The walk from this lot is a bit farther than from A lot, but it’s doable, and the shuttle service is always an option

Parking in metered spots after 6

- Available metered spots are always changing…you kind of just have to scope them out…and be sure to read those signs!

8th Street deck

- About $160/semester (rate changes so check)
- A bit of a walk but not too far (near the gym, student housing, and bookstore)
- No shuttle service to and from this one…

Private lots

- The policy on these seems to change a lot; they may or may not be marked for VCU, and you may or may not be able to park in them … don’t risk it unless you’re sure!
- Corner of 17th and Broad St. Note that this lot is NOT monitored.
Buses

- This is not DC or NY, so unfortunately you are not going to be able to go everywhere on the bus at any hour
- BUT the buses are reliable and clean and can be very nice when parking’s an issue
- Check out these websites [http://www.bsv.vcu.edu/vcupark/GRTC.htm and http://www.ridegrtc.com/] to see if there’s a route that suits you.
- A couple of options that are fairly popular:
  - Most of the buses are included in your tuition…go to parking services to pick up your bus pass!
    - It’s only good if you have your student ID.
  - VCU Campus Connector is great! It will take you from Sanger (11th & Marshall) to various stops between there and the VCU undergraduate campus, including the undergrad library. Free for students and great for commuting to campus!!
  - Note, VCU is in the process of revamping its transit service, starting July 1st. Please visit http://wp.vcu.edu/parkingtransportation/, which is the VCU Transportation blog for more information regarding GPS location services and other new amenities.

We also have an escort service!

- Call 828-WALK at the times listed below
- MCV and Undergrad Campus: Sunday through Saturday, 5 PM – 8 AM
- Cross-Campus: Monday through Friday, 2 AM – 6:30 AM; Saturday and Sunday, 9 PM – 8 AM
# Richmond Restaurants Galore

**Just to Name a Few…**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bottoms Up</td>
<td>1700 Dock St.</td>
<td><a href="http://www.bottsuppizza.com">www.bottsuppizza.com</a></td>
</tr>
<tr>
<td>Café Gutenberg</td>
<td>1700 E. Main St.</td>
<td></td>
</tr>
<tr>
<td>Honey Whyte’s</td>
<td>2116 E. Main St.</td>
<td></td>
</tr>
<tr>
<td>Julep’s New Southern Cuisine</td>
<td>1721 E. Franklin St.</td>
<td></td>
</tr>
<tr>
<td>La Bamba</td>
<td>19 N. 18th St.</td>
<td></td>
</tr>
<tr>
<td>3 Monkeys Bar and Grill</td>
<td>2525 W. Main St.</td>
<td></td>
</tr>
<tr>
<td>La’V’s Homemade Dining</td>
<td>1823 E. Main St.</td>
<td></td>
</tr>
<tr>
<td>McCormack’s Irish Pub</td>
<td>12 N 18th St.</td>
<td></td>
</tr>
<tr>
<td>The Old City Bar</td>
<td>1548 E. Main St.</td>
<td></td>
</tr>
<tr>
<td>The Pizza Place</td>
<td>1731 E. Main</td>
<td></td>
</tr>
<tr>
<td>River City Diner</td>
<td>7 N. 17th St.</td>
<td></td>
</tr>
<tr>
<td>Sette</td>
<td>7 N. 23rd St.</td>
<td></td>
</tr>
<tr>
<td>Sumo San</td>
<td>1725 E. Main St.</td>
<td></td>
</tr>
<tr>
<td>Tiki Bob’s Cantina</td>
<td>110 N. 18th St.</td>
<td></td>
</tr>
<tr>
<td>Bogart’s</td>
<td>203 N. Lombardy St.</td>
<td></td>
</tr>
<tr>
<td>Zuppa</td>
<td>103 N. 18th St.</td>
<td></td>
</tr>
<tr>
<td>Cha Cha’s Cantina</td>
<td>1419 E. Cary St.</td>
<td></td>
</tr>
<tr>
<td>Europa</td>
<td>1409 E. Cary St.</td>
<td></td>
</tr>
<tr>
<td>Carytown Burgers and Fries</td>
<td>3500 ½ West Cary Street</td>
<td><a href="http://www.carytownburgersandfries.com">www.carytownburgersandfries.com</a></td>
</tr>
<tr>
<td>The Hard Shell</td>
<td>1411 E. Cary St.</td>
<td></td>
</tr>
<tr>
<td>Kobe Japanese Steak and Sushi</td>
<td>19 S. 13th St.</td>
<td></td>
</tr>
<tr>
<td>La Grotta</td>
<td>1218 E. Cary St.</td>
<td></td>
</tr>
<tr>
<td>Lucky Buddha</td>
<td>1421 E. Cary St.</td>
<td></td>
</tr>
<tr>
<td>Morton’s</td>
<td>114 Virginia St.</td>
<td></td>
</tr>
<tr>
<td>Peking Pavilion</td>
<td>1302 E. Cary St.</td>
<td></td>
</tr>
<tr>
<td>Sticky Rice</td>
<td>2232 W. Main Street</td>
<td><a href="http://www.ilovestickyrice.com">www.ilovestickyrice.com</a></td>
</tr>
<tr>
<td>Pomegranate Euro Bistro</td>
<td>1209 E. Cary St.</td>
<td></td>
</tr>
<tr>
<td>Sam Miller’s Restaurant</td>
<td>1210 E. Cary</td>
<td></td>
</tr>
<tr>
<td>Siné Irish Pub and Restaurant</td>
<td>1327 E. Cary</td>
<td></td>
</tr>
<tr>
<td>The Tobacco Company</td>
<td>1201 E. CarySt.</td>
<td></td>
</tr>
<tr>
<td>3rd Street Diner</td>
<td>218 E. Main St.</td>
<td></td>
</tr>
<tr>
<td>Barcode</td>
<td>6 E. Grace St.</td>
<td></td>
</tr>
<tr>
<td>Beauregard’s Thai Room</td>
<td>103 E. Cary St.</td>
<td></td>
</tr>
<tr>
<td>Capital Ale House</td>
<td>623 E. Main St.</td>
<td></td>
</tr>
<tr>
<td>Caribbean Mingles</td>
<td>15-17 W. Main</td>
<td></td>
</tr>
<tr>
<td>Comfort</td>
<td>200 W. Broad St.</td>
<td></td>
</tr>
<tr>
<td>Millie’s Diner</td>
<td>2603 E. Main Street</td>
<td><a href="http://www.milliesdiner.com">www.milliesdiner.com</a></td>
</tr>
<tr>
<td>Croaker’s Spot</td>
<td>119 E. Leigh St.</td>
<td></td>
</tr>
<tr>
<td>Ever Green</td>
<td>612 W. Grace St.</td>
<td></td>
</tr>
<tr>
<td>Mamma ‘Zu</td>
<td>501 S. Pine Street</td>
<td></td>
</tr>
<tr>
<td>Godfrey’s</td>
<td>308 E. Grace St.</td>
<td></td>
</tr>
<tr>
<td>Ma-Musu’s</td>
<td>2043 W. Broad St.</td>
<td></td>
</tr>
<tr>
<td>Manhattans</td>
<td>112 N. Fifth St.</td>
<td></td>
</tr>
<tr>
<td>Nacho Mama’s</td>
<td>3449 W. Cary Street</td>
<td><a href="http://www.nachomamasva.com">www.nachomamasva.com</a></td>
</tr>
<tr>
<td>Perly’s</td>
<td>111 E. Grace St.</td>
<td></td>
</tr>
<tr>
<td>Penny Lane Pub &amp; Restaurant</td>
<td>421 E. Franklin St.</td>
<td></td>
</tr>
<tr>
<td>Red Door</td>
<td>314 E. Grace St.</td>
<td></td>
</tr>
<tr>
<td>Tony’s Bar-Be-Que</td>
<td>207 N. Third St.</td>
<td></td>
</tr>
<tr>
<td>Tropical Soul Sea and Soulfood Cafe</td>
<td>314 N. Second St.</td>
<td></td>
</tr>
<tr>
<td>Bistro 27</td>
<td>27 W. Broad St.</td>
<td></td>
</tr>
<tr>
<td>Hill Café</td>
<td>2800 E. Broad St.</td>
<td></td>
</tr>
</tbody>
</table>
Starlite Café 2600 W. Main St.
Edo’s Squid 411 N. Harrison St
Metro Grill 301 N. Robinson St.
Cous Cous 900 W. Franklin St.
Mom Siam’s 2811 W. Cary St.
Thai Dinner Two 3028 W. Cary St.
Carytown Sushi 2923 W. Cary St.
Bandito’s Burrito Lounge 2905 Patterson
Ave. Black Finn 1001 Haxall Point
Strawberry St. Café 421 Strawberry St.
Can Can Brasserie 3120 W. Cary St.
Baja Bean Company 1520 W. Main St.
Legend Brewing Company 321 W. 7th St.
Havana ’59 16 N 17th St.
Kuba Kuba 1601 Park
Stool Pigeons 115 S. 15th St.
Buffalo Wild Wings 1501 E. Cary St and 7801 W. Broad
Patrick Henry Pub 2300 E. Broad St.
Captain Buzzy’s 2623 E. Broad St
Martini Kitchen 1911 W. Main St
Buzz and Ned’s Real BBQ 1119 N. Boulevard
Bev’s Homemade Ice Cream 2911 W. Cary
New York Deli 2920 W. Cary
Elephant Thai Restaurant 1100 W. Cary
Places at School to Grab Lunch

Carts (Cash-Only):

- Thai Cabin (two locations): North 11th Street between Marshall and Broad, intersection of South 10th and Main streets.
- Caribbean Grill: North 11th Street between Marshall and Broad.
- Mike’s: E. Marshall between North 11th Street and North 12th Street.
- Christie’s Lunchbox (several locations): East Marshall between North 11th Street and North 12th Street, and East Cary Street between North 10th Street and North 11th Street.
- Christopher’s Runaway Gourmey (four locations): Eighth, 10th and 12th streets on Main; 11th and Marshall streets.
- Papa Ningo: North 12th Street between Marshall and Broad streets.
- Bombay Express: on the corner of East Marshall and North 11th Street.
- Red Deluxe: on East Main Street between North 10th Street and North 11th Street.
- Sticky Rice: on the corner of East Cary and North 10th streets.

Other options close by:

- The cafeteria - 2nd floor Main hospital
- Hideaway Café in Hunton Hall
- On Main Street just a couple blocks away you can find a Quiznos, Subway, and Coppola’s deli
- 6th Street Market Place
- Padow’s Hams and deli in the city hall – deli with a variety

Vending Machines

- 1st Floor of Medical Sciences Building (MSB) has soda and snack machine
- Egyptian Building has a soda machine on the first floor
- Sanger Hall 1st floor has soda and snack machines
- Hunton Hall 1st floor has a soda and snack machine
- Outside the cafeteria on the 2nd floor main hospital has soda and snack machines

Microwaves:

- Hunton hall: 3 microwaves, 2 fridges, one giant TV, pool table
- MSB: 1st floor lounge where the vending machine room
- Sanger 1st floor in the vending machine room
### Places for Off-Campus Shopping & Daily Living

#### Grocery

<table>
<thead>
<tr>
<th>Store</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martin’s</td>
<td>7803 Midlothian Tpke</td>
<td><a href="http://www.ukrops.com">www.ukrops.com</a></td>
</tr>
<tr>
<td>Martin’s</td>
<td>3522 W. Cary St.</td>
<td></td>
</tr>
<tr>
<td>Kroger (Gas station as well)</td>
<td>901 N. Lombardy St.</td>
<td><a href="http://www.kroger.com">www.kroger.com</a></td>
</tr>
<tr>
<td>Kroger</td>
<td>3507 W. Cary St.</td>
<td></td>
</tr>
<tr>
<td>Kroger</td>
<td>1601 Willow Lawn Dr.</td>
<td></td>
</tr>
<tr>
<td>Farm Fresh, Tobacco Row</td>
<td>2320 E. Main St.</td>
<td></td>
</tr>
<tr>
<td>Costco</td>
<td>9650 W. Broad St.</td>
<td></td>
</tr>
<tr>
<td>Whole Foods</td>
<td>11173 W. Broad St.</td>
<td></td>
</tr>
<tr>
<td>Trader Joe’s</td>
<td>11331 W. Broad St.</td>
<td></td>
</tr>
</tbody>
</table>

#### Gas Stations:

<table>
<thead>
<tr>
<th>Gas Station</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exxon</td>
<td>1701 E. Broad St.</td>
</tr>
<tr>
<td>BP</td>
<td>600 W. Grace St.</td>
</tr>
<tr>
<td>Hess Oil</td>
<td>535 W. Broad St.</td>
</tr>
<tr>
<td>7-11 (Gas station as well)</td>
<td>122 S. Belvidere St.</td>
</tr>
<tr>
<td>BP</td>
<td>2600 E. Main St.</td>
</tr>
<tr>
<td>Parsley Gas &amp; Convenience Str</td>
<td>2600 Nine Mile Rd</td>
</tr>
<tr>
<td>Shell Gas</td>
<td>4400 Commerce Rd</td>
</tr>
<tr>
<td>Citgo</td>
<td>E 3rd St &amp; Maury St.</td>
</tr>
<tr>
<td>Shell</td>
<td>1115 Jefferson Davis Hwy.</td>
</tr>
<tr>
<td>BP Products</td>
<td>1636 Commerce Rd</td>
</tr>
<tr>
<td>Bellwood Px Gas Station</td>
<td>4th St #38</td>
</tr>
</tbody>
</table>

#### Shopping

<table>
<thead>
<tr>
<th>Store</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wal-Mart</td>
<td>3023 Grove Ave.</td>
<td></td>
</tr>
<tr>
<td>Walgreens</td>
<td>7900 W. Broad St.</td>
<td></td>
</tr>
<tr>
<td>Walgreens</td>
<td>1798 N. Parham Rd</td>
<td></td>
</tr>
<tr>
<td>Wal-Mart Supercenter</td>
<td>2501 Sheila Ln,</td>
<td></td>
</tr>
<tr>
<td>Target</td>
<td>9001 Staples Mill Rd</td>
<td></td>
</tr>
<tr>
<td>Target</td>
<td>5401 W. Broad St.</td>
<td></td>
</tr>
<tr>
<td>Short Pump Town Center</td>
<td>11800 W. Broad St.</td>
<td><a href="http://www.shortpumpmall.com">www.shortpumpmall.com</a></td>
</tr>
<tr>
<td>Regency Square</td>
<td>1420 N. Parham Rd.</td>
<td></td>
</tr>
<tr>
<td>Stony Point Fashion Park</td>
<td>9200 Stony Point Pky</td>
<td><a href="http://www.shopstonypoint.com">www.shopstonypoint.com</a></td>
</tr>
<tr>
<td>17th Street Farmer’s Market</td>
<td></td>
<td><a href="http://www.17thstreetfarmersmarket.com">www.17thstreetfarmersmarket.com</a></td>
</tr>
<tr>
<td>Black Swan Books</td>
<td>2601 W. Main St.</td>
<td></td>
</tr>
<tr>
<td>Carytown has great shopping—check out For Love of Chocolate &amp; Plan 9 Music</td>
<td><a href="http://www.plan9music.com">www.plan9music.com</a></td>
<td></td>
</tr>
</tbody>
</table>
**Banking**

On-Campus Banking

- Wells-Fargo Branch- 1200 E. Marshall St. (across from Sanger Hall)
- Wells-Fargo ATM- Gateway building, 1st floor of hospital
- Bank of America ATM- Main Hospital, 2nd floor adjacent to the cafeteria

The following are within walking distance of MCV:

<table>
<thead>
<tr>
<th>Bank</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bank of America</td>
<td>1111 East Main St.</td>
</tr>
<tr>
<td>BB&amp;T</td>
<td>823 East Main St.</td>
</tr>
<tr>
<td>Central VA Bank</td>
<td>910 Capitol St.</td>
</tr>
<tr>
<td>First Union</td>
<td>11th and Marshall St.</td>
</tr>
<tr>
<td>First Virginia Bank</td>
<td>700 E. Main St.</td>
</tr>
<tr>
<td>Suntrust Bank</td>
<td>919 East Main St.</td>
</tr>
<tr>
<td>Wells-Fargo Bank</td>
<td>122 East Grace St.</td>
</tr>
</tbody>
</table>
TV Stations

WTVR Channel 6 (CBS)
WRIC Channel 8 (ABC)
WWBT Channel 12 (NBC)
WCVE Channel 23 (PBS)
WRLH Channel 35 (Fox)
WCVW Channel 57 (PBS)
WUPV Channel 65 (UPN)

RADIO STATIONS

AM:
WCBS/880 CBS News
WRNL/910 Sports
WXGI/950 Country, NBC News
WBEZ/1030 News (Boston)
WRVA/1140 News, Commentary
WCLM/1450 Jazz

FM:
WCVE/88.9 Classical, jazz, NPR
WCDX/92.1 Rap, R&B
WFMS/93.3 Country
WRVQ/94.5 Rock, Pop
WKHK/95.3 Country
WDCK/96.5 70s, 80s (Classic rock)
WTVR/98.1 Easy listening
WPLZ/99.3 Urban contemporary
WRXL/102.1 Rock (Guitar)
WMXB/103.7 Rock (Pop)
WWWW/104.7 Religious
WBYL/105.7 R&B
WBTJ/106.5 Rap, R&B
Sports & Recreation

VCU Athletics:

Men’s Basketball
Entrance Policy: All VCU students who are currently enrolled in classes at VCU can get into all home contests free of charge. Students are REQUIRED to bring your valid student ID card to the designated student entrance, located at the east/front entrance of the Siegel Center. All student IDs will be scanned at the door to determine whether or not your ID is valid. Complimentary admission is not available to students for post-season events.


Student Guests: A student is allowed to buy up to two (2) tickets at the student guest rate.

Women’s Basketball, Men’s Soccer, Women’s Soccer, Volleyball, Baseball
All VCU students who are currently enrolled in classes at VCU can get into all home contests FREE of charge. For men’s & women’s soccer, students must show a valid VCU student I.D. at the entrance to Sports Backers Stadium. For women’s basketball and volleyball, students must show a valid VCU student ID at the entrance to the Siegel Center. For baseball, students must show a valid VCU student ID at the entrance to The Diamond.

Intramural Sports:
IM games begin in September and run through April. Fall, Winter and Spring seasons
Sports include: Soccer, flag football, volleyball, dodgeball, softball. Teams are same sex and/or co-ed
Check with your Class Council Athletic Reps for more details

On-Campus Gyms:

1. Larrick Student Center (MCV Gym): Free for students; Lockers ~ $35/year
   Location: 900 Turpin St.
   Hours: Mon-Fri 6am-Midnight; Sat-Sun 9am-11pm
   Facilities: Includes basketball, tennis, volleyball, racquetball and squash courts, along with training rooms, steam bath, weight/exercise rooms, offers aerobic classes. Also contains indoor pool, hot tub & locker/shower facilities
   Check website for aerobics and fitness classes:

2. VCU Cary Street Recreational Complex: Free for students; Location of most IM games
   Location: 101 S. Linden St.
   Hours: Mon-Fri 6am-Midnight; Check website for weekend hours
   Facilities: Includes basketball, tennis, volleyball, racquetball and squash courts, along with training rooms, steam bath, weight/exercise rooms, offers aerobic classes. Contains indoor pool, hot tub & locker/shower facilities
   Check Website for aerobics and fitness classes: http://www.recsports.vcu.edu/fitness/gec.html

Off-Campus Gyms:

- VCU Outing Rental Center: 916 1/2 W. Franklin St
- YMCA Downtown Fitness Center 2 W. Franklin St.
- Yoga and Wellness Center 11232 Patterson Ave.
- Ashtanga Yoga 2902 W. Cary St.
- Gold’s Gym 3 Locations: The Fan, Willow Lawn and West
There is Always Something Going On...

Outdoors

- **Belle Isle** - Follow 5th all the way to the River. A little piece of wilderness in the middle of the city.
- **North Shore Trail** - Park in the Bell Isle parking lot and head north along the river bank
- **Buttermilk Trail** - Over the bridge on the south side of Belle Isle. Trail is along the South River bank
- **Canal Walk** - Follows the canal from 17th to Belle Isle
- **Maymont Park** - Gorgeous gardens and walking trails - [http://www.maymont.org/](http://www.maymont.org/)

Concerts/Live Music

- Toad’s Place
- The National
- Innsbrook After Hours
- The Richmond Coliseum
- Canal Club
- Alley Katz
- Capital Ale House

Art/Theater

**There are a ton of museums all over Richmond, especially downtown.**

- **First Fridays** - All the Broad St. art galleries open their doors every First Friday of the month.
  - Free wine, food, street performers, crowds and amazing art!
- **Virginia Museum of Fine Arts**
- **VCU Anderson Gallery**
- **VCU W.E. Singleton Center for the Performing Arts**
- **Landmark Theater**
- **Richmond Centerstage** (Lots of concerts here as well)

Movies

- **Byrd Theater** - Historic Theater in Carytown. Unique films and tickets are $1.99!!
- **Bowtie Movieland** 17 – 1301 N. Blvd. Pretty close, but the screens are kind of small…
- **Regal Cinemas** - Location at Short Pump and 8000 block of Broad

Sports

Local Entertainment by Season…

Summer

- Lebanese Food Festival- Held in May every year
- Friday Cheers- FREE concerts on Brown Island every Friday in May and June
- Shockoe Tomato Festival- held in July at the 17th Street Farmer’s Market
- Carytown Watermelon Festival- Held in Carytown in August

Fall

- Richmond Folk Festival- Brown’s Island. Held Annually in October
- Richmond Italian Festival- Held in Church Hill annually in the fall
- Busch Gardens Hallowscream- Haunted house in the amusement park!
- NASCAR- Nextel Cup Series- It’s something you should experience at least once in your life.
- Brunswick Stew Festival- Held in November at the 17th Street Farmer’s Market
- Richmond Marathon and Half Marathon- The friendliest race in the USA! Held annually in November

Winter

- Grand Illumination- Watch Downtown kick off the holidays!
- VCU Basketball Game- All students get in free!
- Richmond Renegade’s Ice Hockey Games- [http://www.rrenegades.com/](http://www.rrenegades.com/)
- Carytown Ball Drop on New Year’s Eve
- Art After Hours- Live music and art every Thursday at the Virginia Museum of Fine Arts

Spring

- Church Hill Irish Festival Held annually in March
- French Film Festival- Organized by VCU Held at the Byrd Theater
- Monument 10K- The most friendly race in America! Join 20,000 people run the streets of Richmond
- Fox Field- Horse Races in Charlottesville, VA Held annually in April
- Strawberry Hill- Horse Races at Colonial Down Held annually in April
- Nascar Racing- It’s a different world and worth experiencing.
- Greek Food Festival Held annually the week after Memorial Day.
Description:
- Renovated warehouses turned loft apartments and historic houses
- Walking distance to school and convenient location
- Best views of Richmond
- A little outside the city and has lots of charm

Things to Check Out:

Restaurants:
- Captain Buzzy’s Coffee Shop
- Sette
- Hill Café
- Poe’s Pub
- Millie’s (best brunch in town!) Su
- Sumo San
- Havana ‘59
- Bottom’s Up Pizza
- Patrick Henry Pub
- Boathouse

Nightlife:
- Walk/take a cab 1 mile to downtown and the slip

Outdoors:
- Libby
- Park Chimborazo
- Park Frisbee Golf
- Park

History:
- St. John’s Church
- Chimborazo Civil War Hospital
The Fan and Museum District

Description:
- Historic houses turned into condos and apartments
- 15-20 minute commute to campus, can take bus from undergrad campus
- Close to the Fan Bars and Restaurants
- Close to Carytown, the area of Cary Street west of Boulevard. The “mile of style” is full of boutiques and restaurants.

Things to Check Out

Restaurants:
- 3 Monkeys
- Star Lite Cafè
- Metro Grill
- Cous Cous
- White Dog
- Strawberry Street Cafè
- Sticky Rice
- Bandito’s
- Mulligan’s
- Bev’s Homemade Ice Cream

Nightlife:
- Most of the restaurants are bars at night

Outdoors:
- Maymont Park
- Byrd Park
- Cary St. Fields

Museums:
- The Virginia History Society Museum
- The Museum of Fine Arts
- Virginia Science Museum
- Children's Museum

**In addition, Carytown has an awesome selection of restaurants.**
Shockoe Slip and Downtown

Description:
- Apartments above restaurants, bars and businesses
- Walking distance to school—anywhere from 3 to 6 blocks away
- Close to restaurants and nightlife

Things to Check Out:

Restaurants:
Sine’s Irish pub (pronounced Shinays)
Cha Cha’s Cantina
Europa
Lucky Buddha
Capital Ale House
Hard Shell
Richbrau
Kobe
Buffalo Wild Wings
Stool Pigeons
Tobacco Company
Off the Hookah

Nightlife:
Bank
Tobacco Company (in the basement)
Sine’s Irish Pub
Kai

*Most of the restaurants also double as bars

Outdoors:
Canal Walk
Belle Isle

History:
Virginia’s Capital
Virginia Holocaust Museum
West End and Far West End

Description:

- Apartment complexes and neighborhoods
- Removed from the city ➔ More of a suburban lifestyle
- Close to the malls and superstores
- 20-25 minutes commute to campus

Things to Check Out:

**Restaurants:**

All the chain restaurants  
Maggiano’s  
Cheese Cake Factory  
Firebirds Rocky Mountain Grill  
California Pizza Kitchen

**Outdoors:**

University of Richmond Campus  
Bear Creek Lake State Park  
Deep Run State Park

**Mall, Movies and Music:**

Short Pump Town Center  
Innsbrook
Other Areas of Town:

- **Oregon Hill**- Near undergrad campus, historic neighborhood, and cheaper rent.
- **Monroe Park Campus**- Lots of apartments around this area.
- **Jackson/Monroe Wards**- Renovated warehouses and apartment buildings in area being developed.
- **Southside**- High rise apartments and neighborhoods across the river.
- **East End**- Neighborhoods East of the Bottom and Church Hill.

If this is not enough, check out the things to do in the Virginia and Washington DC areas:

- Monuments, buildings and museums in Washington DC
- Hike the Blue Ridge mountains
- Go to Virginia Beach- Norfolk, VA
- Colonial triangle of Williamsburg, Yorktown and Jamestown
- Paramount’s King’s Dominion or Busch Gardens/Water country USA