

Dear Neuroscience Retreaters-

Well, time flies and first annual UNC Pierre Morrell Neuroscience Retreat is less than a week away. All of us on the retreat planning committee are super excited, and are looking forward to hearing about great science and hanging out with everyone in a fun and new setting. Before we pack up and head to the [Haw River State Park](#), there are a few details regarding the event that I would like to share with you.

**Location:**

Haw River State Park  
339 Conference Center Drive  
Browns Summit, NC 27214  
Phone: 336-342-6163  
haw.river@ncparks.gov  
Latitude: 36.250646  
Longitude: -79.756360

**Time:**

Events and Talks start at 10:00 AM on Thursday May 19<sup>th</sup>. The retreat ends after lunch on Friday May 20<sup>th</sup>.

**Getting there:**

As stated above we will be staying at the Haw River State Park Conference Center. The easiest way to get to the venue from UNC is [here](#) and printable directions are attached separately as a PDF to this email. If you have not yet arranged transportation to the retreat, please contact the retreat committee ASAP.

**Arriving:**

There is plenty of parking at the conference center, park anywhere and walk into the main building which includes the lobby and main conference room. All of the talks and presentations will be in the Grove Auditorium and all of the meals will be in the Cafeteria. Please arrive early to check in, or check in at lunch.

**Accommodations:**

You should by now have your roommate buddy assignments. Please treat them nice! You can get your key at the front desk in the main building. The rooms are motel style with two double beds and a bath. Linens are provided. One of the employees there said some people choose to bring their own sleeping bags, but this is optional. event, but don't expect the Carolina Inn! This is a retreat after all, think of it more like nerd summer camp.

**Attire:**

We recommend you bring clothes fit for whatever the weather conditions permit, and you air on the side of 'rustic adventurer' instead of 'business casual'. You should also bring clothes for any outdoors activities you may want to participate in (see below). Please see **Fig. 1** for additional details.



The accommodations should be perfect for the

**Figure 1: Suggested retreat attire.** a. Less like this b. more like this. c. Significantly more fun has previously been had wearing retreat attire compared to work clothes.

**Activities:**

We have awesome activities planned - two scientific sessions, a plenary lecture, meals, and much more. There will be a few free hours to explore the retreat grounds, canoe, or participate in an organized soccer match (teams to be determined). There will be a sign up sheet for soccer and canoeing at lunch on Thursday.

**Appropriate conduct at the retreat:**

The purpose of the retreat is to hang out and learn more about each other and our science. ***We are 98.2% sure fun will be had, but remember, this is still a UNC-related event.*** All retreat attendees are expected to maintain the same level of respect for their colleagues and peers as they would show in the lab, office, or classroom.

**Meals:** Cheeseburgers and potato wedges will be served for Thursday lunch. Friday dinner will consist of side dishes with a main non-vegetarian entrée of herb baked chicken and vegetarian entrée of black beans, smoked tempeh rice, and fresh veggie bake. Beer, wine, and snacks will be provided after dinner during the poster session. For Friday morning, there will be a mix of scrambled eggs, sausage links, and cheese grits. For those who decide to stay for Friday lunch, there will be customizable tacos. Vegetarian options will be provided for each main meal (**PLEASE NOTE:** the vegetarian options will be specifically for those who indicated vegetarian preferences in the survey). Ad lib water and coffee will be available throughout the retreat.