The General Surgery Training Program
Stanford University

“After Hours”
This booklet has been prepared for you by the Committee to Create Balance in the Lives of our Trainees in the General Surgery Residency Program. In it you will find a full gamut of services---from PCPs to OB-Gyns to Dentists---a list of Gyms, trails for biking and hiking---as well as suggestions for a panoply of both necessary and fun activities on the Peninsula and the City and beyond. Websites you may want to access are included as well. We hope you will find this useful and we welcome your comments and critiques. We also encourage you to bring items you think will be helpful to residents to us. Welcome to Stanford General Surgery where we know you will work hard, learn more than at any other time in your life and take advantage of the great bounty in the Bay Area.

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Health

Primary Care

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*Menlo Medical 650-498-6500*
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*Palo Alto Medical Foundation 650-321-4121*
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Dr. Inna Beleny (Kaiser-Redwood City)

**Ob/Gyn**

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Dr. Diana Aung (Palo Alto Medical Foundation-Portola Valley)

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Dr. Winona Tan (Palo Alto Medical Foundation-Portola Valley)

**Kaiser 650-299-2000**

Dr. Michael Nwynn (Kaiser-Redwood City)

**Private Practice**

Dr. Ruth Crystal (Palo Alto, 650-858-6800)

Dr. Jagdip Powar (Palo Alto, 650-328-1420)

Dr. Richard Warren (Mountain View, 650-961-8111)
**Dentist**

Dr. Maryam Amidi (Mountain View)

Dr. Eugene Espiritu (Redwood City)

Dr. Jeffrey Gressard (Milbrae)

Dr. Scott Hoffman (Menlo Park)

Dr. Marna Longakit (Mountain View)

Dr. Timothy Mulcahy (Palo Alto)

Dr. Sarah Nabai (Palo Alto)

Dr. Jean Ravizza (San Jose)

Dr. LeeAnne Sera (Santa Clara)

Dr. Jennifer Wu (Sunnyvale)

**Pharmacy**

**CVS Town & Country** - 855 El Camino Real - (650) 322-2150

**Maximart Pharmacy** - 240 Cambridge Avenue - (650) 327-3922

**Medical Plaza Pharmacy** – 211 Quarry Rd (Hoover Pavilion) - (650) 326-2300 - free Rx to all residents!

**Walgreens** - In the Stanford Cancer Center - 875 Blake Wilbur Drive - (650) 838-0429
Fitness & Outdoor Recreation

Gyms

**Stanford** https://www.stanford.edu/dept/pe/cgi-bin/facilities/
- **Arrillaga**: Main University gym, very nice, has basketball courts, squash courts, free weights, machines, lots of cardio machines. Also have numerous classes that are pretty cheap. Good hours (6am-10pm M-F, 10am-8pm weekends). Access for us is free – check with the GME office on how to get a pass. Should be main gym for us.
- **Roble**: a smaller University gym. Good hours as well.
- **Avery Aquatic Center**: Outdoor pool that is really nice. Hours of open swim change: https://www.stanford.edu/dept/pe/cgi-bin/services/aquatics/rec-swim-hours/

**Hospital**
- **Rooftop gym**: up on the roof near the call rooms is a little gym with some basic equipment (3 cardio, free weights). The go to while on call. Code to get in: HELB
- **LKSC**: there is a mythical beautiful med student gym at the top of LKSC that we as residents cannot get into. Perhaps a med student will let you in.

**Community**
- **Equinox Fitness (Palo Alto)**: http://www.equinox.com/clubs/paloalto. Beautiful fancy gym with great facilities. Typically very expensive but they run specials at times.
- **Vivre (Palo Alto)**: http://www.vivrepa.com
- **Overtime Fitness (Mountain View)**: http://www.overtimefitness.com/
- **Fitness 101 (Menlo Park)**: http://fitness101.com/Fitness_101/HOME.html
- **Form Fitness (Palo Alto)**: http://www.formfitness.net/
- **YMCA (Palo Alto)**: http://www.ymcasv.org/pagemill/. M-F 5am-10:30pm, S-S 7am-8pm
Walking, Jogging, Running, Hiking, Biking

Arastradero Regional Preserve
http://www.cityofpaloalto.org/depts/csd/parks_and_open_space/preserves_and_open_spaces/pearson_arastradero.asp

The Baylands
http://www.bahiker.com/southbayhikes/baylands.html

The Dish
http://dish.stanford.edu/

Foothills Park
http://www.cityofpaloalto.org/depts/csd/parks_and_open_space/preserves_and_open_spaces/foothills_park.asp

Huddart Park
http://www.co.sanmateo.ca.us/portal/site/parks/menuitem.f13bead76123ee4482439054d17332a0/?vgnextoid=407bc8909231e110VgnVCM1000001d37230aRCRD&cpsextcurrchannel=1

Kings Mountain Loop
http://www.paloaltobicycles.com/?page_id=237

La Honda Creek Open Space Reserve
http://www.bahiker.com/southbayhikes/lahonda.html

Los Altos Hills Loop
http://www.paloaltobicycles.com/?page_id=247

Montebello Open Space Preserve
http://www.openspace.org/preserves/pr_monte_bello.asp

Old La Honda Loop
http://www.paloaltobicycles.com/?page_id=400

Other Stanford Campus Runs
http://running.stanford.edu/runs.html

Purisima Creek Redwoods Open Space Reserve
http://www.bahiker.com/southbayhikes/purisimaredwood.html

Rancho San Antonio Open Space Preserve
http://www.openspace.org/preserves/pr_rancho_san_antonio.asp

Ring of Fire Ride
http://www.paloaltobicycles.com/?page_id=222
Russian Ridge Open Space
http://www.bahiker.com/southbayhikes/russianridge.html

Shoreline Recreational Area
http://www.shorelinelake.com/about/about.htm

Stevens Creek County Park
http://www.bahiker.com/southbayhikes/usccp.html

Woodside-Portola Valley Loop
http://www.paloaltobicycles.com/?page_id=243

Windy Hill Regional Open Space
http://www.openspace.org/preserves/pr_windy_hill.asp

Wunderlich Park
http://www.co.sanmateo.ca.us/portal/site/parks/menuitem.f13bead76123ee4482439054d17332a0/?vgnextoid=648bc8909231e110VgnVCM1000001d37230aRCRD&cpsextcurrchannel=1

Running resources
Palo Alto Run Club (PARC) - http://www.parunclub.com/welcome.htm


Envirosports.com - http://www.envirosports.com/

Active.com - http://www.active.com/running/

Hiking Resources
SF Bay Area Hiker - http://www.bahiker.com/


Biking resources
Local Travel

Weekend Camping Trips

- Point Reyes State Park
- Big Sur State Park
- Mount Tamalpais State Park
- Angel Island State Park
- Portola Redwoods State Park
- Pigeon Point Light Station
- Ano Nuevo State Reserve
- Big Basin Redwoods State Park
- Muir Woods
- Mount Diablo State Park
- Yosemite National Park

Other Weekend Destinations

- Los Angeles
- San Luis Obispo
- Paso Robles
- Napa Valley
- Sonoma
- Lake Tahoe
- Monterey/Carmel
- Pacific Grove
- San Simeon
Cambria
Pinnacles National Monument
Russian River
Dry Creek Valley
Mendocino

Heading up to San Francisco?
DeYoung Museum
California Academy of Sciences
Legion of Honor
SFMOMA
Disney Family Museum
Land’s End
Union Square
San Francisco Zoo
North Beach and Coit Tower
Japantown
The Marina District
AT&T Park
Palace of Fine Arts
Fisherman’s Wharf
Dolores Park
Golden Gate Park
Walk-run-bike over the Golden Gate Bridge
Crissy Field
The Presidio
John McLaren Park
San Bruno State Mountain Park
Fort Funston
Lincoln Park
The beach along the Great Highway
Glen Canyon
Mt. Davidson Park

For the more adventurous...

Half Moon Bay (running, biking, surfing, hiking, swimming, etc.)
Scuba diving - www.bayareascuba.com
Surfing - www.surfingcal.com
Triathlons - www.bayareatri.com
Rock climbing - www.bayareaclimbers.com
Sea Kayaking - http://www.bask.org/

Movie Theaters

Palo Alto
Aquarius Theater: 430 Emerson Street (650-266-9260)
Cinearts Palo Alto Square: 3000 El Camino Real (800) FANDANGO 91
Stanford Theater: 221 University Avenue (650-324-3700)

Menlo Park
Guild Theater: 949 El Camino Real (650-266-9260)

Mountain View
Century Cinemas 16: 1500 N. Shoreline Blvd (800) FANDANGO 91

Redwood City
Century Redwood City 20: 825 Middlefield Road (800) FANDANGO 99
Good Eats

Farmers' Markets

_Palo Alto_
California Ave Farmers' Market, Sundays All Year 9am-1pm
http://www.urbanvillageonline.com/markets/california.php

Palo Alto Farmers' Market, Saturdays May - Dec, 8am-12pm, Gilman/Hamilton St.
http://www.pafarmersmarket.org/

_Menlo Park_
Menlo Park Farmers' Market, Sundays All Year, 9AM - 1PM, Chestnut between Santa Cruz & Menlo,
http://www.localharvest.org/farmers-markets/M3662

_Others_
Mountain View Farmer's Market, Sundays All Year

East Palo Alto Farmers' Market, Saturdays 2 -5 PM, 2415 University
http://www.epafarmersmarket.org/

Supermarkets/Gourmet Foods:

_Palo Alto_
A.G. Ferrari Foods - 200 Hamilton Ave.
Andronico's - 500 Stanford Shopping Center
Calafia Cafe and Market a Go Go - Town and Country Village
Country Sun Natural Foods - 440 S. California Ave.
JJ & F Food Store - 520 College Ave.
Mollie Stone's - 164 S. California Ave.
Piazza's Fine Foods - 3922 Middlefield Road
Safeway - 2811 Middlefield Road
Sigona’s Farmers' Market - 399 Stanford Shopping Center
Trader Joe’s - Town and Country Village
Whole Foods Market - 774 Emerson St.

_Menlo Park_
Draeger’s - 1010 University Drive
Safeway - 325 Sharon Park Drive
Trader Joe’s - 720 Menlo Ave.

_Other Favorites_
Robert's Market - 3015 Woodside Road, Woodside & 4420 Alpine Road, Portola Valley
The Milk Pail - 2585 California Street, Mountain View
Trader Joe’s - 590 Showers Drive, Mountain View
Whole Foods Market - 4800 El Camino Real, Los Altos

**Best Coffee Spot:**
- Philz Coffee
- Red Rock (Mountain View)
- Coupa Cafe
- Cafe Barrone (Menlo Park)
- Mayfair (Town and Country)
- Tootsie's
- Cafe Tartine (Redwood City)

**Favorite Brunch:**
- Stacks
- Alana's Cafe (Redwood City)
- Cafe Barrone (Menlo Park)
- Hobee's (Palo Alto/Mountain View)
- Calafia Cafe
- Bill's Cafe
- St. Michael's Alley
- Cafe Brioche
- Tootsie's
- Crepes Cafe (Menlo Train Station)
- Rick's Cafe (Los Altos)

**Favorite Dinner:**
- Evvia
- Calafia Cafe
- Three Seasons
- Plutos
- Shana Thai
- Joya
- Tamarine
- Los Altos Grill
- Flea Street Cafe
- Sprout Cafe
- Kingfish (San Mateo)
- The Counter
- Osteria
- Tofu House
- Cascal
- Sultana (Menlo Park)
- Vazo Azzurri (Mountain View)
- Pho Vi Hoa (Los Altos)
The Farm

General Resources:

- Online resource with links to arts & culture, athletics and fitness, student life, campus information: www.stanford.edu/campuslife

Things to Do on "The Farm"

Stanford Lively Arts: music, theater, dance, spoken word, and multi-media events, http://livelyarts.stanford.edu

Stanford Department of Music Events: http://music.stanford.edu/Home/index.html

Cantor Arts Center: http://cantorarts.stanford.edu/
Open W-Su 11am-5pm, Th 11am-8pm
- Rodin Sculpture Garden
- Bookstore and Café
- Free tours

Stanford Bookstore: browse books (medical and non-medical), gifts and computers, drink coffee, have a snack, http://www.stanfordbookstore.com

Memorial Church (or Mem Chu): many free events for both the religious and non-religious, including Compline, hymns and chant set in a tranquil candlelit ambiance Sunday evenings from 9 to 9:30pm http://www.stanford.edu/group/religiouslife/memchu.html

Visit the Hoover Tower: for a great view, open everyday 10-4pm, FREE with ID and also visit the Herbert Hoover Memorial Exhibit Pavilion, http://www.hoover.org/hila/exhibits/current


Take a self-guided walk on campus
- Cactus Garden - http://bgm.stanford.edu/groups/grounds/special/arizona
- Spring Plant Walk - http://bgm.stanford.edu/groups/grounds/tours/spring
- Mausoleum and Angel of Grief - http://bgm.stanford.edu/groups/grounds/special/mausoleum

Stanford Sporting Event: www.gostanford.com