

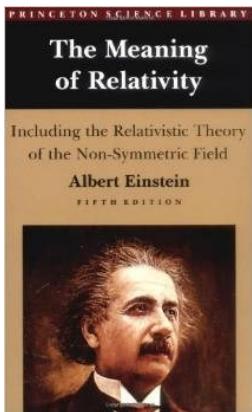


Credits and Research

Here's the list of sources I used to put together the “How fast is it” video book. These books, videos and websites also represent resources you can use to do further research.

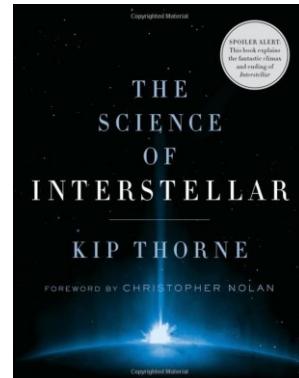
[Music: Hans Zimmer – S.T.A.Y. - *Interstellar: Original Motion Picture Soundtrack 2014*]

Books

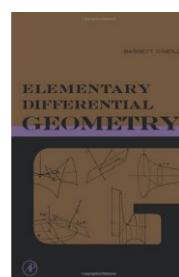


“The Meaning of Relativity” is Einstein’s own book on the subject. It’s a worthwhile read even if you don’t do the math.

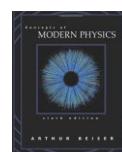
Kip Thorne’s book “The Science of Interstellar” covers the science behind the movie. It’s a great resource for understanding Black Holes.



“Elementary Differential Geometry” by Barrett O’Neill was the textbook I used at San Diego State University. It is well written and covers the foundations in geometry needed for a deeper understanding of General Relativity.



Another good college textbook is “Concepts of Modern Physics” by Arthur Beiser.





Special Places

Here are two sources that are particularly useful for learning about Relativity Theory.



One of them is the Stanford University YouTube series on the subject presented by Leonard Susskind. I used it extensively. But it assumes a deep understanding of the math.

<https://www.youtube.com/watch?v=toGH5BdgRZ4>

Better yet, for those who are not familiar with differential equations, Dr. John D. Norton's website is outstanding. Norton has a deep understanding of the subject matter and discusses it in non-mathematical terms. I used his examples extensively.

Einstein for Everyone

JOHN D. NORTON



http://www.pitt.edu/~jdnorton/teaching/HPS_0410/index.html

For Gravitational waves, there is no better source than the LIGO site itself as well as the associated Caltech/MIT site. They have created resource usable by everyone from middle school to post-doctoral students. It also has an outreach facility for teachers.

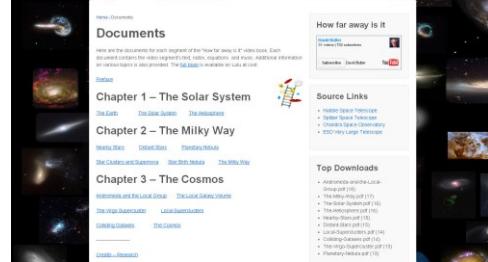
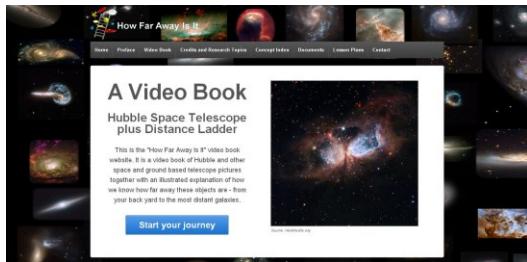
www.ligo.org

www.ligo.caltech.edu

How Far Away Is It – The Milky Way



And don't forget, every How Far Away Is It video segment, including these have a document with the text, links, music, pictures and notes located on howfarawayisit.com/documents



The following identifies all my sources. Thanks for watching.

Websites

Animal speed records

http://www.pbrc.hawaii.edu/~petra/animal_olympians.html

List of vehicle speed records

http://en.wikipedia.org/wiki/List_of_vehicle_speed_records

http://content.time.com/time/photogallery/0,29307,1853267_1785046,00.html

Time dilation

<http://arstechnica.com/science/2014/09/time-dilation-measured-at-40-percent-of-the-speed-of-light-in-the-lab/>

Time Dilation and Spacecraft

<http://blogs.esa.int/rocketscience/2014/02/14/time-dilation-and-spacecraft/>

An atomic clock is used for precise time-stamping, which in fact allows controllers to see the time dilation effects from Einstein's Theory of General Relativity.

http://en.wikipedia.org/wiki/Error_analysis_for_the_Global_Positioning_System

Cosmic ray muons and relativistic time dilation

<https://teachers.web.cern.ch/teachers/archiv/hst2000/teaching/expt/muoncalc/lifecalc.htm>

Water waves - Dan Russell 2011

<http://www.acs.psu.edu/drussell/Demos/waves/Lwave-v8.gif>

Aircraft – and the sound barrier

http://www.newworldencyclopedia.org/entry/Sound_barrier#Early_problems_of

Waves and Light

<http://www.mrsciguy.com/Physics/Waves.html>

How did we find out about the Speed of Light-Isaac Asimov

https://docs.google.com/document/d/1ha9_i8JaSG2ucmvd1uQh1utsj2x7S-FKpYh1QZEwYEQ/edit#heading=h.wmmlc9x44g1m

How Far Away Is It – The Milky Way



The Technical Services Group at MIT's Department of Physics

<http://tsgphysics.mit.edu/front/>

Cesium Atoms at Work

<http://tycho.usno.navy.mil/cesium.html>

This is called space contraction.

<http://www.nasa.gov/exploration/systems/orion/index.html>

L-Space Excursions Spaceship

<http://slybrarian.livejournal.com/25136.html>

Abell 1689

<http://hubblesite.org/newscenter/archive/releases/2003/01/>

Einstein Rings

<http://hubblesite.org/newscenter/archive/releases/2003/01/video/c/>

SDSS J162746.44-005357.5

<http://hubblesite.org/newscenter/archive/releases/2005/32/image/g/>

Hubble spies Big Bang frontiers

<http://www.spacetelescope.org/news/heic1523/?lang>

The Mossbauer Effect

<http://www.ajaja.paradoxinc.org/Physics/The-Effects/Mossbauer/Mossbauer.html>

Harvard Tower Experiment

<http://hyperphysics.phy-astr.gsu.edu/hbase/relativ/gratim.html>

The Experiment of Rebka and Pound (an excellent online book on physics)

http://www.relativity.li/en/epstein2/read/i0_en/i4_en/

On The Science of Interstellar – an excellent article on Kerr metric and Gargantua

<http://relativitydigest.com/2014/11/07/on-the-science-of-interstellar/>

Thomas A Moore – A General Relativity Workbook (a very well put together written coverage of General Relativity)

<http://www.physicspages.com/index-physics-relativity/thomas-a-moore-a-general-relativity-workbook/>

Parsing the Science of Interstellar with Physicist Kip Thorne

<http://blogs.scientificamerican.com/observations/parsing-the-science-of-interstellar-with-physicist-kip-thorne/>

An article detailing the science of Interstellar:

<http://www.space.com/27692-science-of-interstellar-infographic.html>

Gravitational waves

<http://news.nationalgeographic.com/2015/04/150422-black-holes-cosmos-gravity-collision-quasar-space-science/>

How Far Away Is It – The Milky Way



Pulsars

<http://spiff.rit.edu/classes/phys230/lectures/ns/ns.html>
<http://chandra.harvard.edu/photo/2011/crab/>
<http://www.jb.man.ac.uk/~pulsar/Education/Sounds/sounds.html>
<http://www.cv.nrao.edu/course/astr534/Pulsars.html>
<http://astronomy.swin.edu.au/cms/astro/cosmos/p/Pulsar+Dispersion+Measure>
<http://www.jb.man.ac.uk/distance/frontiers/pulsars/section5.html>
<http://hubblesite.org/newscenter/archive/releases/2000/35/image/a/>
<http://www.daviddarling.info/encyclopedia/H/HulseTaylor.html>
<https://astr109.wordpress.com/what-is-it/>

The Binary Pulsar PSR 1913+16

<http://www.astro.cornell.edu/academics/courses/astro201/psr1913.htm>

View of PSR B1913+16

<http://aladin.u-strasbg.fr/AladinLite/?target=PSR%20B1913%2b16.7&fov=0.033334&survey=P%2fDSS2%2fcolor>

Gravitational Waves Websites

<http://www.tapir.caltech.edu/~teviet/Waves/gwave.html>
<http://hyperphysics.phy-astr.gsu.edu/hbase/forces/gravwav.html>
https://en.wikipedia.org/wiki/Gravitational_wave

Latest on the Hubble Constant

<http://hubblesite.org/newscenter/archive/releases/2016/17/>

Waveform Catalogs

<http://astrogravs.gsfc.nasa.gov/docs/catalog.html>

Gravoscope allows you to overlay the projected possible locations of gravitational waves detected by Advanced LIGO

<http://astrog80.astro.cf.ac.uk/Gravoscope>

How Far Away Is It – The Milky Way



Source galaxy count (up to 7×10^4)

[http://physics.stackexchange.com/questions/235593/how-many-galaxies-could-be-the-source-of-the-recent-
ligo-detection](http://physics.stackexchange.com/questions/235593/how-many-galaxies-could-be-the-source-of-the-recent-ligo-detection)

How to find source direction from receiver timing

<http://www.wired.com/2016/02/ligo-aint-gravitational-wave-detector-observatory>

Strain Gauges

<http://blog.prosig.com/2008/09/08/strain-gauges-explained/>

University of Cambridge, Institute of Astronomy

<http://www.ast.cam.ac.uk/research/cosmology.and.fundamental.physics/gravitational.waves>

Christopher Berry – Gravitational Wave Astronomer

<https://cplberry.com/category/equation-free/>

Joe Webber blog

<https://writescience.wordpress.com/tag/joe-weber/>

Australian astrophysicist Katie Mack will answer your – and our – questions

[https://www.theguardian.com/science/live/2016/feb/12/gravitational-waves-an-astrophysicist-answers-your-
questions-live](https://www.theguardian.com/science/live/2016/feb/12/gravitational-waves-an-astrophysicist-answers-your-questions-live)

LIGO Website

GW150914: Factsheet

<http://ligo.elte.hu/detections/GW150914-FactSheet.pdf>

Ligo Vibration Isolation

<https://www.ligo.caltech.edu/page/vibration-isolation>

Caltech and MIT on Ligo detection

<http://www.caltech.edu/gwave>

How Far Away Is It – The Milky Way



LIGO Interferometer Sensitivity

<http://www.ligo.org/science/Publication-O1Noise/index.php#sthash.M3pNrIJ.A.dpuf>

Data release for event GW150914

<https://losc.ligo.org/events/GW150914>

Inspiral gravitational waves

<http://www.ligo.org/science/GW-Inspiral.php#sthash.tIfC5805.dpuf>

Burst gravitational

<http://www.ligo.org/science/GW-Burst.php#sthash.TOE6cNl1.dpuf>

LIGO Flyer

https://dcc.ligo.org/public/0122/T1500543/001/aLIGO_flyer_2015.pdf

Source sky location picture

[Image Credit: LIGO/Axel Mellinger](#)

More LIGO links

<http://www.ligo.org/science/GW-Detecting.php#sthash.Pa736a40.dpuf>

<http://www.ligo.org/science/GW-Multiple.php#sthash.8m5fFeNm.dpuf>

<http://www.ligo.org/science/GW-IFO.php#sthash.gDjUcobel.dpuf>

<http://www.ligo.org/science/GW-Enhance.php#sthash.Jz0hAO46.dpuf>

<http://www.ligo.org/science/Publication-GW150914/index.php>

Videos

A wild tiger angelfish filmed at Aliwal Shoal, South Africa

<https://www.youtube.com/watch?v=vTQL4r3cYO0>

Special relativity

<https://www.youtube.com/watch?v=toGH5BdgRZ4>

Usain Bolt – Fast as Lightning – 2012

<https://www.youtube.com/watch?v=OetgMcftZQg>

Smithsonian's This Is Why You Can't outrun a Cheetah

<https://www.youtube.com/watch?v=V8vejjVgIHg>

National Geographic's World's Deadliest - Fastest Animal Makes a Kill

<https://www.youtube.com/watch?v=r7lgchYNew>

How Far Away Is It – The Milky Way



Mike Theiss UltimateChase.com YouTube video

<https://www.youtube.com/watch?v=RIRodRRFu4s>

Thrust SSC Supersonic Boom

<https://www.youtube.com/watch?v=TYEtQGLzvkI>

Air is an elastic medium and sound is a disturbance that moves through it.

<https://www.youtube.com/watch?v=jXSaEnM3wWg>

The X-1 Program: Chuck Yeager Exceeding the Speed of Sound; 1947 USAF Archive Films

<https://www.youtube.com/watch?v=KNcIkTQEadE>

SR-71 Blackbird - Speed: Mach 3+

<https://www.youtube.com/watch?v=ZUNPUIzrKqs>

Fastest Aircraft in the World - X-15 Rocket Jet Flight - 4,500 MPH Space Plane

<https://www.youtube.com/watch?v=TR5SYp948kw>

APOLLO 10 launch: "Relive this fantastic launch on TV", ABC News coverage, May 18, 1969

<https://www.youtube.com/watch?v=aosZbAStq7Y>

SpaceX Rocket Launch

<https://www.youtube.com/watch?v=rFDh3E6wx8>

Fizeau experiment

<https://www.youtube.com/watch?v=ScN-btW8ST8>

Fizeau Apparatus

<https://www.youtube.com/watch?v=tyHR8upvg9U>

Michelson Interferometer

<https://www.youtube.com/watch?v=j-u3IEgcTiQ>

3D HD Star Wars Jump to light speed

<https://www.youtube.com/watch?v=uvnk9dcqVbA>

Traveling Speed of Light Backwards

https://www.youtube.com/watch?v=rjfVjD_hRG4

NASA Mars Science Laboratory (Curiosity Rover) Mission Animation

https://www.youtube.com/watch?v=gwinFP8_qIM

What's a Tensor?

<https://www.youtube.com/watch?v=f5liqUk0ZTw>

Tensor Calculus 0: Introduction

<https://www.youtube.com/watch?v=e0eJXttPRZI>

GPS & Relativity

<https://www.youtube.com/watch?v=zQdIjwoi-u4>

How Far Away Is It – The Milky Way



Precession by gyro top

<https://www.youtube.com/watch?v=sHnDzGWcqjQ>

Interstellar – Building a Black Hole – Official Warner Bros.

https://www.youtube.com/watch?v=MfGfZwQ_qaY

Interstellar black hole

<https://www.youtube.com/watch?v=vkH-azOydXM>

Interstellar gravitational lensing

<https://www.youtube.com/watch?v=u1kaaR4DOSg>

The Quantum Guide - Pulsars

<https://www.youtube.com/watch?v=YzbTfc0tyxg>

Neutron Star Merge

<http://svs.gsfc.nasa.gov/10543>

Leonard Susskind's Stanford General Relativity Lecture 10

<https://www.youtube.com/watch?v=SwhOffh0kEE>

NASA | Magnificent Eruption in Full HD

<https://www.youtube.com/watch?v=GrnGi-q6iWc>

Laser Interferometer Space Antenna (LISA) Mission

<https://www.youtube.com/watch?v=MuHE8x8nq7U>

Gravitational wave detection a step closer with Advanced LIGO

<https://www.youtube.com/watch?v=FXlg3cr-q44>

LIGO Journey of a G-Wave

<https://www.youtube.com/watch?v=-LPsEV-I4js>

LIGO Gravitational Wave Chirp

<https://www.youtube.com/watch?v=TWqhUANNFXw>

NEW YOUTUBES



Papers

The Kerr-Metric: describing Rotating Black Holes and Geodesics, P.C. van der Wijk, Rijksuniversiteit Groningen, September 2007

Pound-Rebka Experiment

http://www.rorabeck.com/pound_rebka.pdf

Physical and Geometric Interpretations of the Riemann Tensor, Ricci Tensor, and Scalar Curvature

Lee C. Loveridge, February 4, 2008

<http://arxiv.org/pdf/gr-qc/0401099v1.pdf>

Orbit of Mercury

http://www.math.toronto.edu/~colliand/426_03/Papers03/C_Pollok.pdf

Coalescence of Spinning Binary Neutron Stars of Equal Mass

<http://ptp.oxfordjournals.org/content/88/6/1079.full.pdf>

“Observation of Gravitational Waves from a Binary Black Hole Merger” B. P. Abbott et al.* (LIGO Scientific Collaboration and Virgo Collaboration) (Received 21 January 2016; published 11 February 2016)

<http://authors.library.caltech.edu/64405/1/PhysRevLett.116.061102.pdf>

“Deflection of Light by the Earth” Andrew Gould – Institute for Advanced Study, Princeton NJ 08540

https://articles.adsabs.harvard.edu/cgi-bin/nph-iarticle_query?db_key=AST&bibcode=1993ApJ...414L..37G&letter=L&classic=YES&defaultprint=YES&who_le_paper=YES&page=L37&epage=L37&send=Send+PDF&filetype=.pdf

Books

Albert Einstein, “The Meaning of Relativity” Princeton University Press 1956

Barrett O’Neil, “Elementary Differential Geometry” Wiley-Interscience 1970

Kip Thorne, “The Science of Interstellar”, W.W. Norton 2014

Rodney A. Brooks, “Fields of Color: The theory that escaped Einstein” Epic Publications 2010

Stephen Hawking, “The Universe in a Nutshell” Bantam 2001

Arthur Beiser, “Perspectives of Modern Physics” McGraw-Hill 1969

Jerry B. Marion, “Classical Dynamics of Particles and Systems” Academic Press 1970

Richard T. Weidner & Robert L. Sells, “Elementary Modern Physics” Allyn and Bacon, Inc. 1969

2024 Edition Additions

Speed of Light



Helios-A & B

<https://www.guinnessworldrecords.com/world-records/66135-fastest-spacecraft-speed#:~:text=The%20fastest%20speed%20by%20a,UTC%20on%202020%20November%202021.>

Maxwell's Speed of Light

https://en.wikipedia.org/wiki/History_of_Maxwell%27s_equations

Speed of Light – Time of Flight

<https://www.youtube.com/watch?v=H9kZTm4Xm-8>

<https://www.animations.physics.unsw.edu.au/jw/light/speed-of-light.htm#:~:text=The%20speed%20of%20light%20is,measured%20speed%20of%20radio%20waves>

Speed of Light – Wavelength x Frequency

<https://iopscience.iop.org/article/10.1088/1361-6404/ab923f>

<https://www.youtube.com/watch?v=hu4bl4CTyS4>

<https://academo.org/demos/wave-interference-beat-frequency/>

<https://science.howstuffworks.com/laser.htm>

http://ffden-2.phys.uaf.edu/212_spring2011.web.dir/Thomas_Edwards/How%20Lasers%20Work.html

https://en.wikipedia.org/wiki/Stimulated_emission

<https://www.physicsclassroom.com/class/sound/Lesson-4/Fundamental-Frequency-and-Harmonics#:~:text=Estimate%20the%20frequency%20of%20vibration,frequency%20of%20the%20first%20harmonic.>

<https://www.ophysics.com/waves/waves10.html>

<https://tf.nist.gov/general/pdf/307.pdf>

Orbit of Mercury

<https://www.loc.gov/resource/g3180.ct003790>

<https://astronomy.com/magazine/news/2022/02/finding-neptune-how-we-discovered-the-eighth-planet>

<https://spaceengine.org/articles/discovery-of-neptune-history/>

Sun Bending Light Test



<https://royalsocietypublishing.org/doi/pdf/10.1098/rsta.1920.0009>
<https://www.eso.org/public/images/potw1926a/>
<https://physicsworld.com/a/general-relativity-passes-cassini-test/>

Gravitational Redshift Test

<https://academic.oup.com/mnras/article/481/2/2361/5090416>
https://www.einstein-online.info/en/spotlight/redshift_white_dwarfs/

Title: Sirius B and the gravitational redshift - an historical review

Authors: Hetherington, N. S.

Journal: Royal Astronomical Society, Quarterly Journal, vol. 21, Sept. 1980, p. 246-252.

Bibliographic Code: 1980QJRAS..21..246H

<https://www.youtube.com/watch?v=bP6aVvunbfU&t=11s>

Gravitational Time Dilation

1971 Joseph Hafele - Keating Test

https://en.wikipedia.org/wiki/Hafele%E2%80%93Keating_experiment

Gravitational Lensing

Websites

<https://kipac.stanford.edu/highlights/population-iii-stars-universes-ultimate-reclusive-pop-stars>

<https://esahubble.org/news/heic2203/?lang>

<https://www.sci.news/astronomy/webb-earendel-image-11078.html#:~:text=On%20July%2030%2C%202022%2C%20the,CSA%20James%20Webb%20Space%20Telescope>

Whitepapers

<https://iopscience.iop.org/article/10.3847/1538-4357/ab5a8b>

RELICS: The Reionization Lensing Cluster Survey and the Brightest High- ζ Galaxies



<https://web.pa.msu.edu/people/abdo/GravitationalLensing.pdf>

A good paper on lensing.

<https://www.stsci.edu/jwst/phase2-public/2282.pdf>

JWST Proposal 2282 to study Sunrise Arc

YouTube

<https://youtu.be/CeSqIokr9CI>

How Old Is It - 03 - Big Bang Λ CDM Cosmology (4K)

https://youtu.be/9HNjFs-vG_c

How Far Away Is It - 06 - Distant Stars (4K)

<https://youtu.be/UmHQ2Y1hD0U>

Classroom Ai

Einstein Rings

<https://esahubble.org/images/potw1151a/>

LRG 3-757 z=2.379

<https://arxiv.org/pdf/0706.2326.pdf>

cosmic horesshoe

<https://stsci-opo.org/STScI-01EVSRTM6WKABXNNTTFKJD6ZS.pdf>

THE SLOAN LENS ACS SURVEY

<https://esahubble.org/images/opo0532a/>

The Gravitational Lens Itself

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5567250/>

<https://esahubble.org/videos/heic2016a/>

https://www.google.com/search?sxsr=APwXEdeOXFzTGCJxQn_57ct6STg04NVECQ:1684961311833&q=gravitational+lensing+critical+curves&tbo=isch&sa=X&ved=2ahUKEwjeyc6D6o7_AhXSIIkQIHbDiAWMQ0pQIegQIChAB&biw=1920&bih=880&dpr=2#imgrc=eue50buAYSAyM&imgdii=PBHM1A3B0yUvIM

<https://esahubble.org/videos/heic2016a/>



<https://iopscience.iop.org/article/10.3847/1538-4357/ab2888>
<https://academic.oup.com/mnras/article/506/2/1595/6276726?login=false>
<https://www.sci.news/astronomy/hamiltons-object-10149.html>
<https://astro.ucla.edu/~wright/CosmoCalc.html>
<https://hubblesite.org/contents/news-releases/2011/news-2011-25.html#section-id-2>

<https://iopscience.iop.org/article/10.1086/304452/fulltext/35519.text.html>
Critical Lines in Gravitational Lenses and the Determination of Cosmological Parameters

http://spiff.rit.edu/classes/phys240/lectures/grav_lens/grav_lens.html

Flickering quasars and the Hubble Constant

<https://esahubble.org/images/heic1702c/>
https://www.youtube.com/watch?v=UB_Q3_w5Sco
deeper look at Hubble tension

<https://research.ast.cam.ac.uk/lensedquasars/index.html>
Cambridge University maintains a sortable list of over 200 known lensed quasars.

<https://galaxiesbook.org/chapters/III-04.-Gravitational-Lensing.html>
<https://ned.ipac.caltech.edu/level5/March04/Kochanek/frames.html>
<https://www.youtube.com/watch?v=l1rpmpdFlmQ>
<https://news.uchicago.edu/explainer/hubble-constant-explained>

Hubble constant from quasars

<https://esahubble.org/news/heic1702/>

Galaxy Cluster Lensing

<https://www.youtube.com/watch?v=NN1MpRsVVQw&t=1s>
<https://www.youtube.com/watch?v=2krcAJobiKk>
<https://www.youtube.com/watch?v=jorMha-ZE4M>
<https://stsci-opo.org/STScI-01FG6X42HQZDB10G8BBRQG2V22.pdf>
The Einstein ring GAL-CLUS-022058s whitepaper
<https://hubblesite.org/contents/news-releases/2021/news-2021-051.html>

<https://arxiv.org/pdf/1806.08300.pdf>
A precise extragalactic test of General Relativity



Gravitationally Lensed Supernovae

<https://hubblesite.org/contents/media/images/2021/030/01F9KZX19D6BZJG86J3A3E8FW5?news=true>
<https://aasnova.org/2017/01/20/the-search-for-lensed-supernovae/>
<https://esahubble.org/news/heic1710/>

Gravitationally Lensed Galaxies

RCS2 032727-132623 - 10,000 mly RCSGA 032727-132609 – 5,000 mly
<https://hubblesite.org/contents/media/images/2012/08/2980-Image.html?news=true>

MACS J0416.1–2403

https://www.aanda.org/articles/aa/full_html/2017/04/aa29297-16/aa29297-16.html

Abell 1689 – zD1

<https://academic.oup.com/mnras/article/466/1/138/2608767>

A merger in the dusty, $z = 7.5$ galaxy A1689-zD1?

<https://www.eso.org/public/videos/eso1508a/>

<https://www.eso.org/public/images/eso1508a/>

Hamelton's Object – 11 bly

<https://hubblesite.org/contents/news-releases/2021/news-2021-046.html>

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PSZ1 G311.65-18.48 Sunburst Arc galaxy – 11 bly

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IC 5063 – 156 mly

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