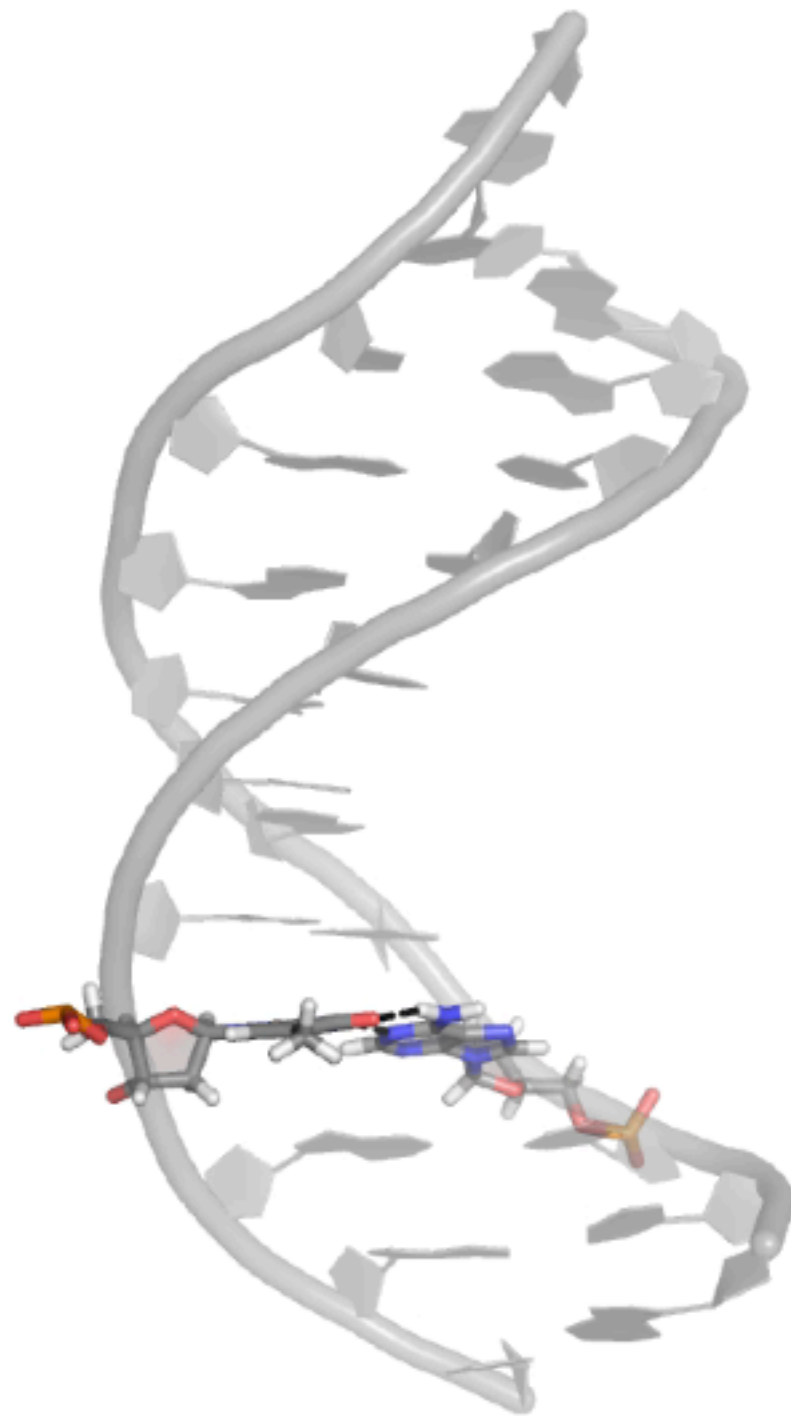
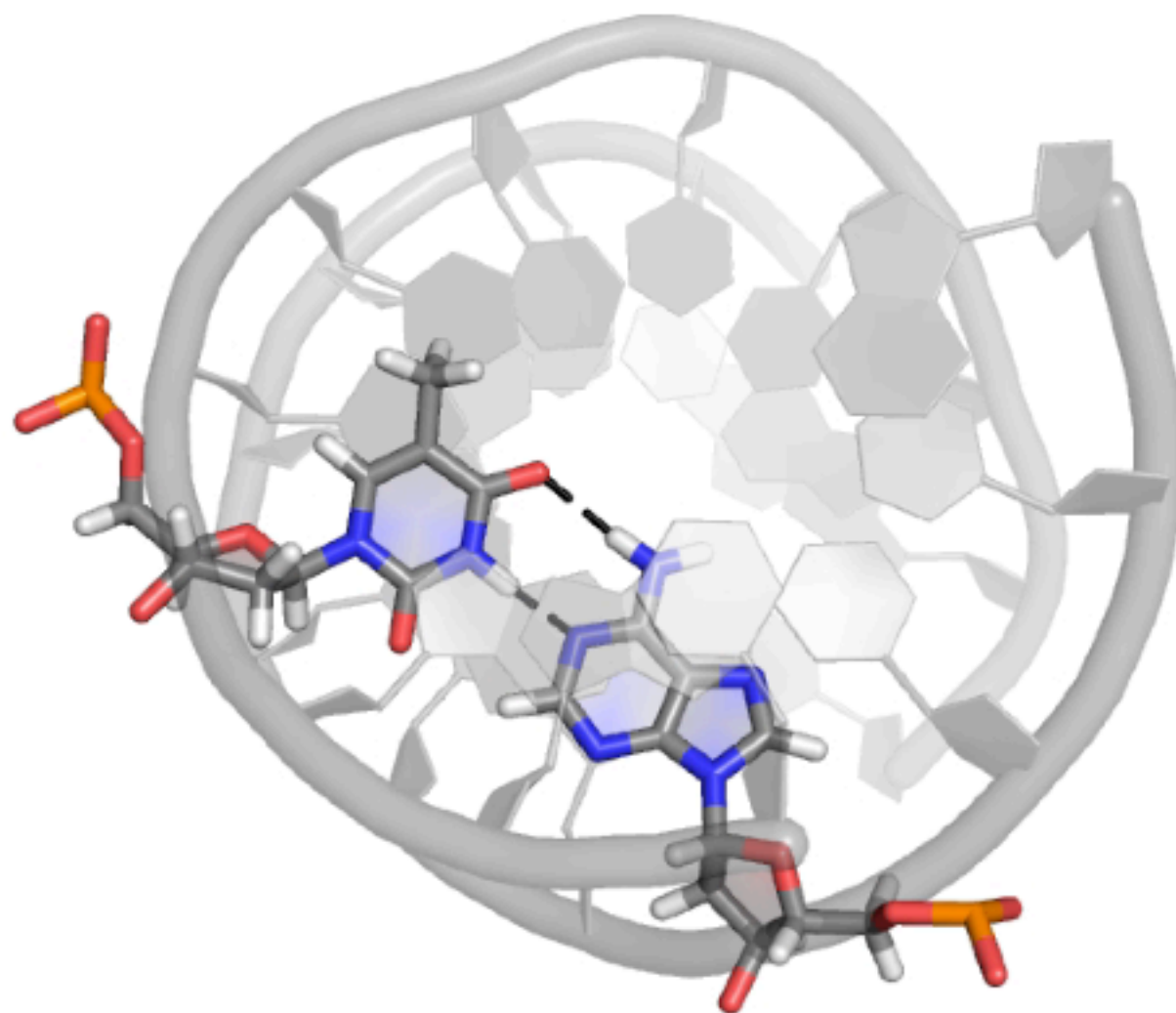
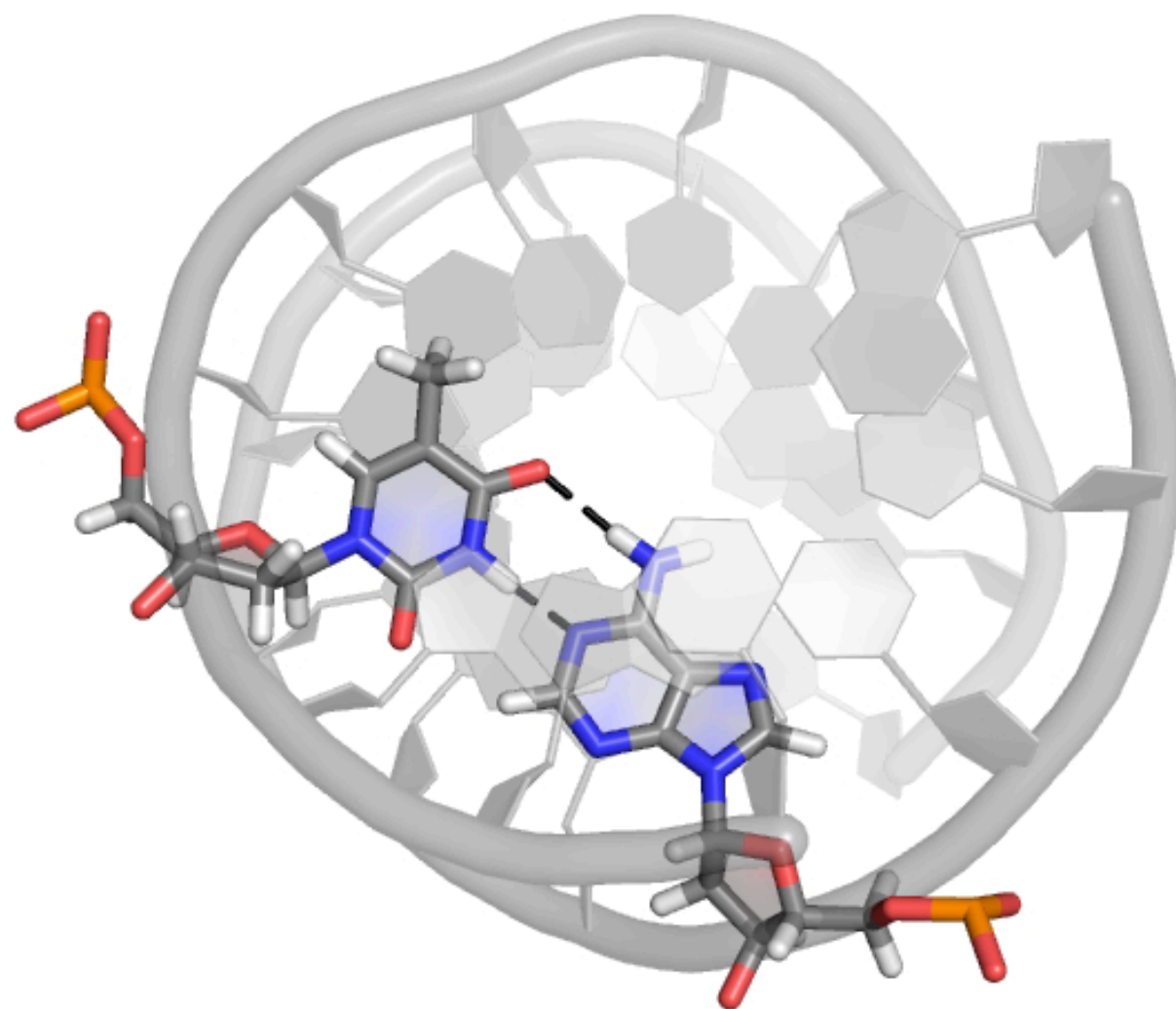


"inside" transition

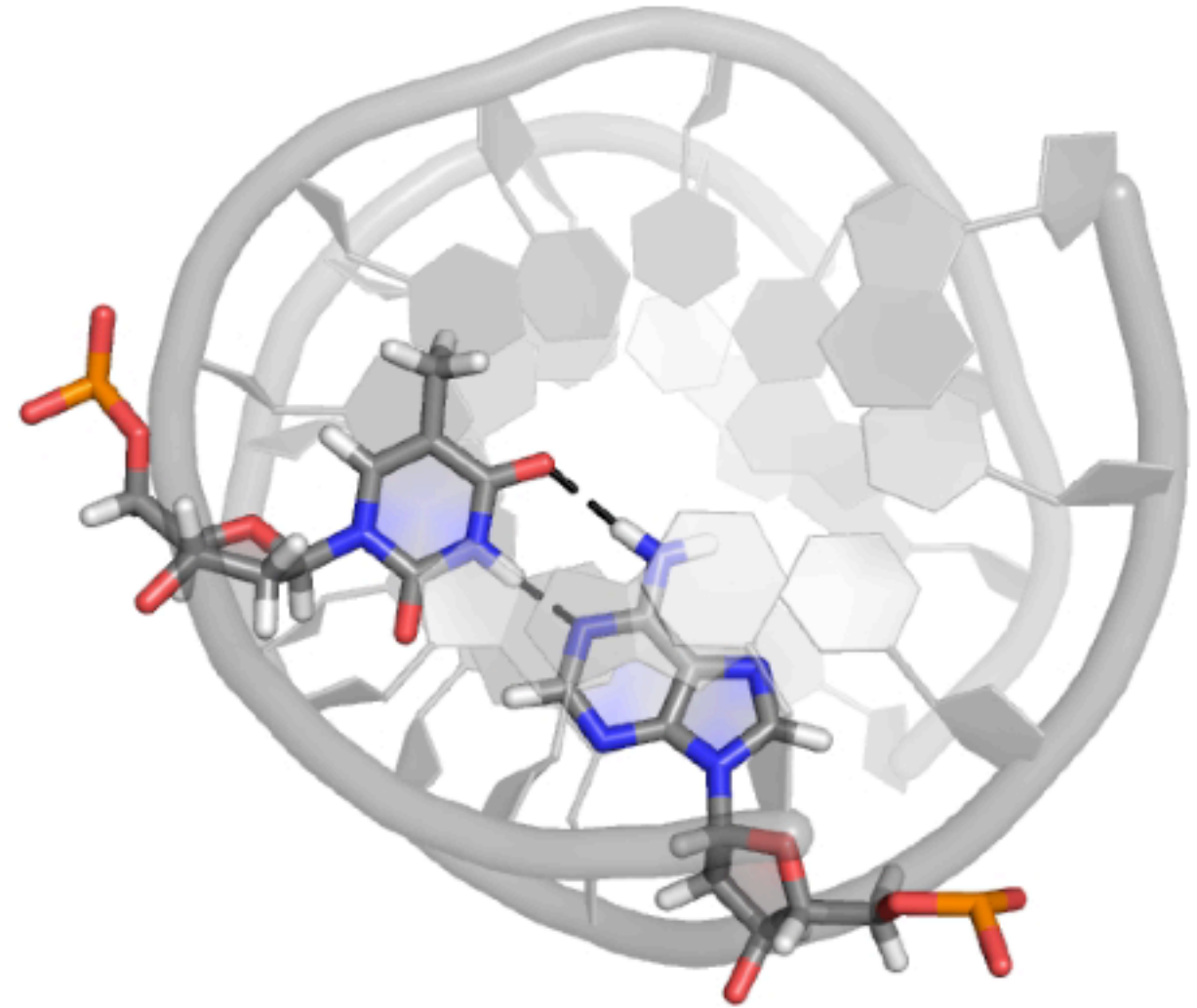
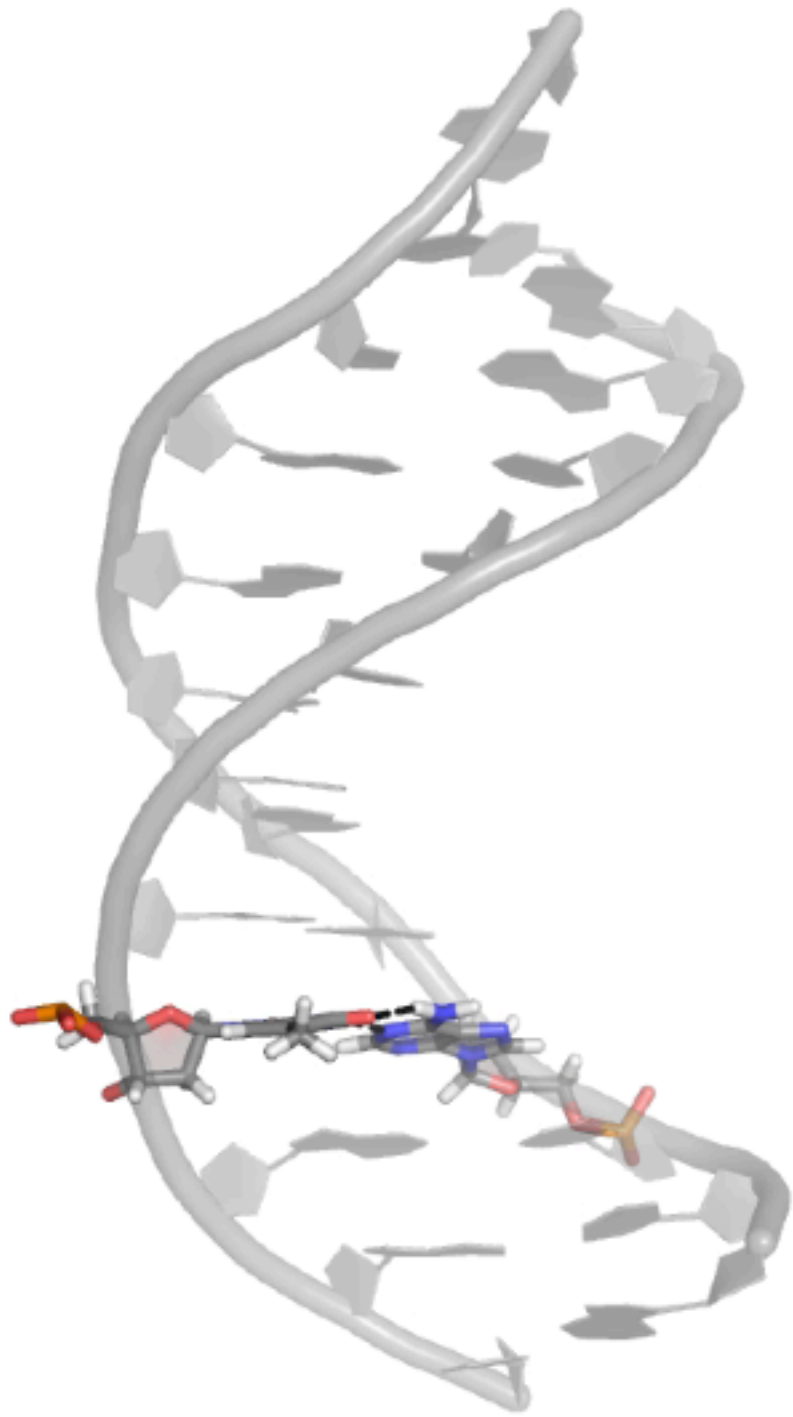




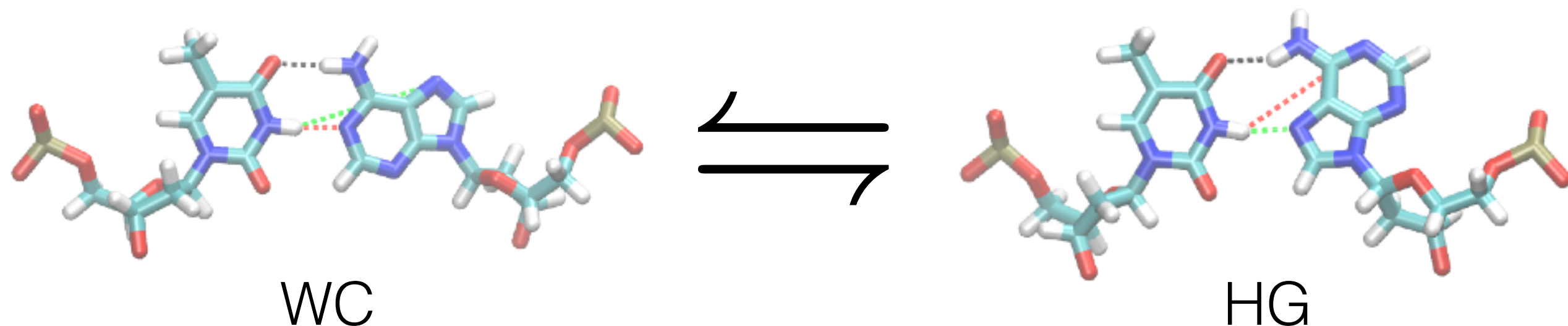




"Inside" transition



Rates and Free Energies



	expt*	TIS	TIS / expt
$k_{WC \rightarrow HG} \text{ (s}^{-1}\text{)}$	14.2 ± 1.03	742	~ 52
$k_{HG \rightarrow WC} \text{ (s}^{-1}\text{)}$	3670 ± 200	$1.6 \cdot 10^5$	~ 43
$\Delta G \text{ (k}_B\text{T)}$	5.5	5.4	

at 26.0°C

at 300K

*Nikolova et. al Nature **470**, 498 (2011).

$$\frac{\Delta G}{k_B T} = -\ln \left(\frac{k_{WC \rightarrow HG}}{k_{HG \rightarrow WC}} \right)$$