Combined Force-Frequency Sampling for Simulation of Systems Having Rugged Free Energy Landscapes

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1 Supplemental Information

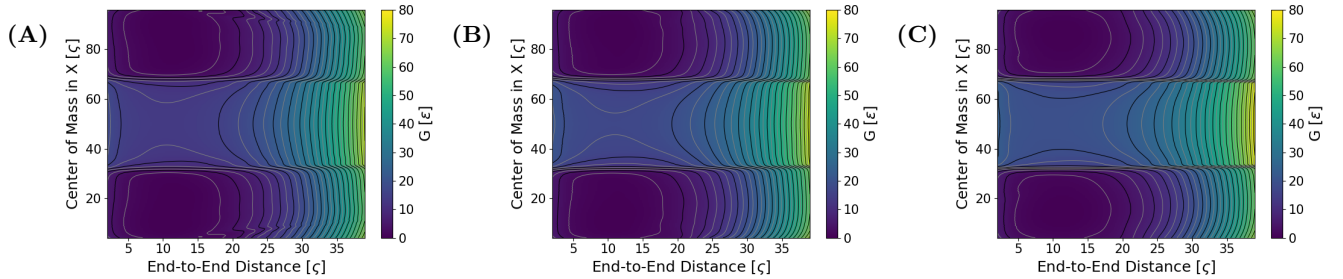## 1.1 Two-Dimensional Plots of Polymer Diffusion Through a Pore

Figure 1: Free energy surfaces for a 50-bead Kremer-Grest polymer diffusing through a pore of A) 10x10, B) 8x8 and C) 6x6 at $5.0 * 10^6$ LJ timesteps, with the two collective variables defined as the center of mass of the polymer in the pore dimension and end-to-end distance of the polymer.