



## National Biomechanics Day, April 7, 2016...

...was a rip-roaring national biomechanics success story! We hosted 45 NBD events across the country that included well over 2,000 high school students and teachers and many younger kids too participating in a wide variety of biomechanics experiences. Some NBD events were tied to other university activities and these also included hundreds of undergraduates, parents, and other excited visitors. Biomechanics displayed brightly and prominently on and about April 7. National Biomechanics Day was successful because it was truly a national event. We connected with each other through the [NBD Website](#) and especially through [Instagram](#) where we all posted photos and videos of our events as they occurred. Please view some of these images. You will see a lotta smiles on a lotta faces in a lotta Biomechanics Labs from a lotta places. Something like...



And also like...



And also like...



and



Let's all thank each other for participating so enthusiastically, energetically, and enjoyably. You know the organizing committee, Jill McNitt-Gray, Janet Dufek, and Brian Davis and I thank all NBD participants so very much for your contributions, as do 1,900 plus others. Psst, I even cried, just a little bit, on NBD as the events were being posted on Instagram. Just a little. It was too cool and in the words of a person I like very much, Lisa DeVita, as she was scrolling through the photos and videos on NBD, "Wow, I can't stop viewing. This is awesome!"

We also had great press around the country both in print and broadcast. This story from Scranton, PA and Scott Breloff's NBD is perfect and tells exactly what we attempted to do with NBD: [See Story Here](#). Listen to the smiles and to the final statement by the newscaster. Here is a press release from Jason Franz and his many colleagues at UNC Chapel Hill's and NC State University's NBD [Read Here](#). Nice.

Many of you reported that your visitors are excited about next year's reprise of NBD as you are. Of course we will hold NBD 2017. I have been thinking about it and will develop some new ideas to create a bigger, better, and bouncier National Biomechanics Day. Please feel free to send me your ideas too. Hey, if we keep doing NBD, one day we'll get it right!

**We whole-heartedly invite ALL ASB MEMBERS to hold NBD events next year. Instead of 45 NBD events we can have 345. Wow! Let's shake the world.**

Please also remember our long term goal: Biomechanics will be taught in high schools across the country. One day.

Thank you,  
Paul DeVita,  
President, American Society of Biomechanics

PS. I know of one more NBD event that will occur Friday. Biomechanics never sleeps.