



## **29,100+ High School Students Celebrated Biomechanics Through NBDs 2016 to 2019**

Hello Biomechanists and Everyone Else All Around The World,

National Biomechanics Day is completing its fourth season and its ever-growing popularity and success continue to expand the boundaries of Biomechanics. With more events to come this summer, we have had over 8,300 high school students and 220 teachers participating in NBD 2019 events around the world. As we move through our fourth NBD season, we are thrilled to report that we have excited over 29,100 young people about Biomechanics in its myriad forms and applications. While most NBD 2019 events occurred at universities, many private, commercial institutions also participated. Delsys in Massachusetts, Nike in Oregon, Zwift, Inc in Illinois, the Children's Hospital in Colorado, and the Mayo Clinic in Minnesota all celebrated NBD with uplifting events. Additionally, NBD expanded to several new countries in 2019 including India, South Africa, and Wales. We certainly thank all NBD participants for sharing our vision. As you know, NBD thrives on happy photos of happy people...so, let's see a few from Brazil, the US, and Malaysia ...



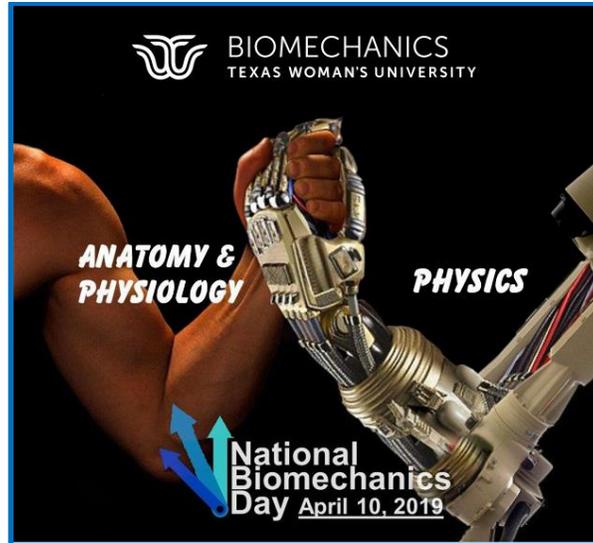


Even more exciting though is that 2019 turned out to be the Year of the NBD Video. Many sites created inspirational, short videos displaying the wonderful nature of NBD. Please view a few (or all) of them at [2019 Videos](#). You will readily see the joy NBD is bringing to Biomechanists and Future-Biomechanists around the world.

Through the generosity of Farsh Guilak and editor of the [Journal of Biomechanics](#), JoB published this past Spring two new articles about NBD. Sarah Shultz, Felipe Carpes, Laura-Anne Furlong, Scott Landry, and I described the spread of NBD around the world in an article titled, “The Internationalization of National Biomechanics Day,” [International NBD](#). We also provided guidelines and suggestions aimed to help others in the international community start their own NBDs. In a second article, Sarah Shultz, Robin Queen and colleagues described their process of combining NBD service with biomechanics science in a piece entitled, “Can research align with service? Lessons learned from the Big Experiment and National Biomechanics Day,” [Big Experiment](#).

NBD 2019 also had wonderful growth in its competitions, expanding from two to six individual contests. This year’s events included Art in Biomechanics (sponsored by [Sanford Sports Science Institute](#)), Two Minute Tweet ([ISBS](#)), Student Competition ([ASB](#), Katie Knaus and [Books of Discovery](#)), Best Poster the annual meeting of BASES ([BASES](#)), Young Scientist Load Sol ([Novel](#)), and Force Platform Experiment ([Bertec](#)). We thank all the sponsors and congratulate all the award recipients. Three groups received awards for their Two Minute Tweets and you can view them at [1](#), [2](#), [3](#) and here is the winning entry for Art in Biomechanics submitted by Randall Manning and Marco Avalos at Texas Women’s University (image on next page), an insightful view of the combination of bio and mechanics.

The phenomenal success of National Biomechanics Day is due to the generous contributions of so many individual people, institutes, societies, and enterprises. Please see all our sponsors and supporters here, [Sponsors](#). All sponsor logos are linked to their websites so please visit some of these sites when you have a moment. Most importantly, NBD thanks with great sincerity and appreciation YOU, the biomechanists around the world creating National Biomechanics Day events in all their varied forms. Every participating biomechanist, student and faculty, academic and industrialist, researcher and applier generously donated your time and



Art In Biomechanics 209 Award Entry

effort to unify our science and show it to young people and young people liked it. YOU are creating the Biomechanists of the future through your contributions to NBD.

We also enhanced our worldwide presence through social media. Please spend a few moments viewing, liking, forwarding, and retweeting The Global Phenomenon that is National Biomechanics Day:

[Instagram NBD](#) [Twitter NBD](#) [Facebook NBD](#) [NBD Website](#)

You can search through these sites with #NBD2019, @BiomechanicsDay, #NationalBiomechanicsDay and variations on these themes to see NBD 2019 all over the world.

Without doubt ***NBD remains single greatest day in biomechanics: there are more smiles on more faces in more biomechanics labs than any other day.*** Let's all thank each other for contributing so successfully to our mission which is to increase the impact of Biomechanics onto society through introducing our science to high school students.

Sincerely, Paul DeVita, Ph.D.

