How fast can **YOU** run
100 BILLION NANOMETERS???

Upload a picture or video of yourself running #100BillionNanometers for National Nanotechnology Day.

(There are 1 billion nanometers \([1,000,000,000\,\text{nm}]\) in 1 meter, so 100 billion nanometers = 100 meters)

#NationalNanoDay is October 9th!

If a sphere 1 nm across were as big as a softball, a softball would be as big as the Earth!

**What’s the big deal about something so small?**

Cool things happen at the nanoscale resulting in new materials and devices with amazing properties that are already changing our way of life.

Nanotechnology is already in:

- Phones that are really pocket-sized super computers
- Odor-resistant fabrics so our running and workout clothes don’t stink
- Displays for our tablets and flat screen TVs with more vibrant pictures

Nanotechnology will soon be in:

- Metamaterials that can be turned into invisibility cloaks
- Better drugs to treat infectious diseases and cancer
- Gecko-inspired gloves so that you can literally climb walls

Want to learn more? Go to Nano.gov