## Supplementary Text S1 for the article:

The Dominant Folding Route Minimizes Backbone Distortion in SH3
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We study the free energy landscape $\Delta F\left(Q, Q_{\text {path }}\right)$ determined from our simulations and the underlying energy and entropy contributions $\Delta U\left(Q, Q_{\text {path }}\right)$ and $T \Delta S\left(Q, Q_{\text {path }}\right)$. The full contributions $\Delta U\left(Q, Q_{\text {path }}\right)$ and $+T \Delta S\left(Q, Q_{\text {path }}\right)$ are plotted in Fig. S1. Both plots are dominated by the gradient along the reaction coordinate $Q$, which describes the overall progress of the folding reaction. Any structure in the direction of $Q_{\text {path }}$, which describes the folding mechanism, is obscured. In order to reveal the superimposed structure that is shaping the folding mechanism we remove the global gradients along $Q$. In Eqn. 6 we define a function $f(Q)$ that contains the common portion of $\Delta U$ and $T \Delta S$ that is canceled in their subtraction to form $\Delta F$. The complete information about the mechanism is contained in the residuals $\delta U\left(Q, Q_{\text {path }}\right)=\Delta U\left(Q, Q_{\text {path }}\right)-f(Q)$ and $T \delta S\left(Q, Q_{\text {path }}\right)=T \Delta S\left(Q, Q_{\text {path }}\right)-f(Q) . f(Q)$ is obtained from a fit to $\Delta U$ and $T \Delta S$.

Although the dominant contribution to the potential is contact energy, and $Q$ is simply the number of formed contacts, the observed $Q$-dependence of the energy is not linear. The energy and entropy terms possess enough curvature to necessitate the use of a quadratic function $f(Q)=a_{2} Q^{2}+a_{1} Q+a_{0}$.

In order to obtain a fair estimate of the common component of energy and entropy we fit $f(Q)$ to both $\Delta U$ and $T \Delta S$ together. For a least-squares fit this is equivalent to fitting to the average of both terms, $(1 / 2)[\Delta U+T \Delta S]$.

All points on both the surfaces $\Delta U\left(Q, Q_{\text {path }}\right)$ and $T \Delta S\left(Q, Q_{\text {path }}\right)$ enter equally into the fit. This is different from a fit to the one-dimensional functions $\Delta U_{1 \mathrm{D}}(Q)$ and $T \Delta S_{1 \mathrm{D}}(Q)$ that could be obtained as components of the one-dimensional free energy profile $\Delta F_{1 \mathrm{D}}(Q)$, where points at different $Q_{\text {path }}$ enter with different thermodynamic weights. Instead it corresponds to a fit to the direct averages along $Q_{\text {path }}$, which give a beter description of the overal shape of the two-dimensional surfaces, i.e. $\overline{\Delta U(Q)}=(1 / N) \sum_{i=1}^{N} \Delta U\left(Q, Q_{\text {path }, i}\right)$ for the energy.

The one-dimensional functions $\overline{\Delta U(Q)}$ and $\overline{T \Delta S(Q)}$ for the original, unperturbed model are shown in Fig. S2 together with their average and with the fitted quadratic function $f(Q)$.

