

Mutant	Temperature (C)	σ	$\langle r \rangle$ (Å)
wildtype	20	1.2	32.9
A53T	20	1.6	31.7
E46K	20	> 2.5	< 29.5
A30P	20	1.0	33.5
V74E	20	1.5	32.0
T72P	20	1.6	31.7
wildtype	30	> 2.5	< 29.5
A53T	30	> 2.5	< 29.5
E46K	30	> 2.5	< 29.5
A30P	30	> 2.5	< 29.5
V74E	30	1.5	32.0
T72P	30	1.6	31.7

Table S1. Energy re-weighted WLC model of experimental measurements. Tuning parameter, σ , are the best fits to the measured k_R for a particular temperature and mutant. The average distance, $\langle r \rangle = \int rZ(r)dr$ for each distribution is also shown.

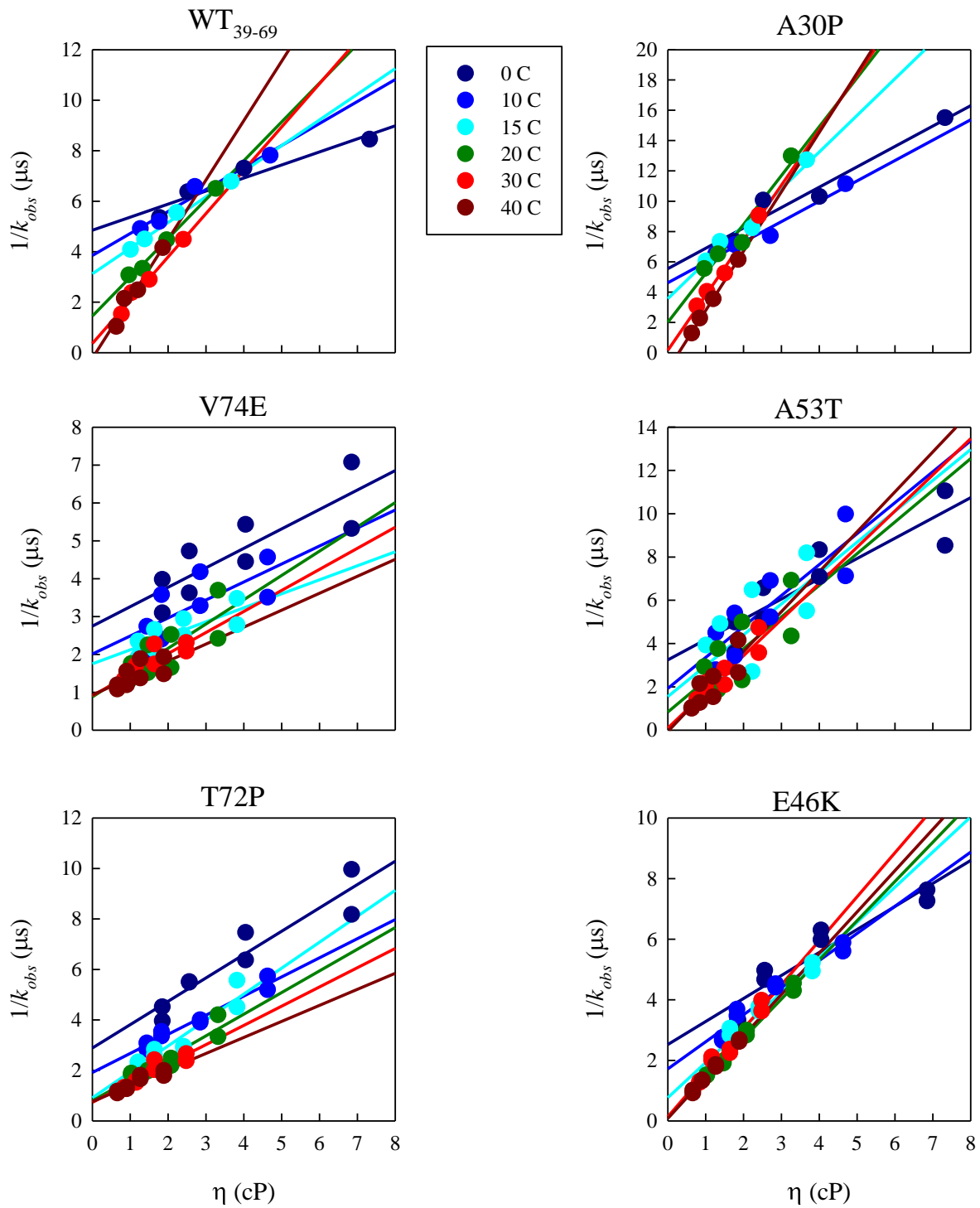


Figure S1. Measured Trp triplet decay times vs. solution viscosity for different mutants as marked. The colors represent different temperatures as marked and lines are linear fits to the data at a single temperature.

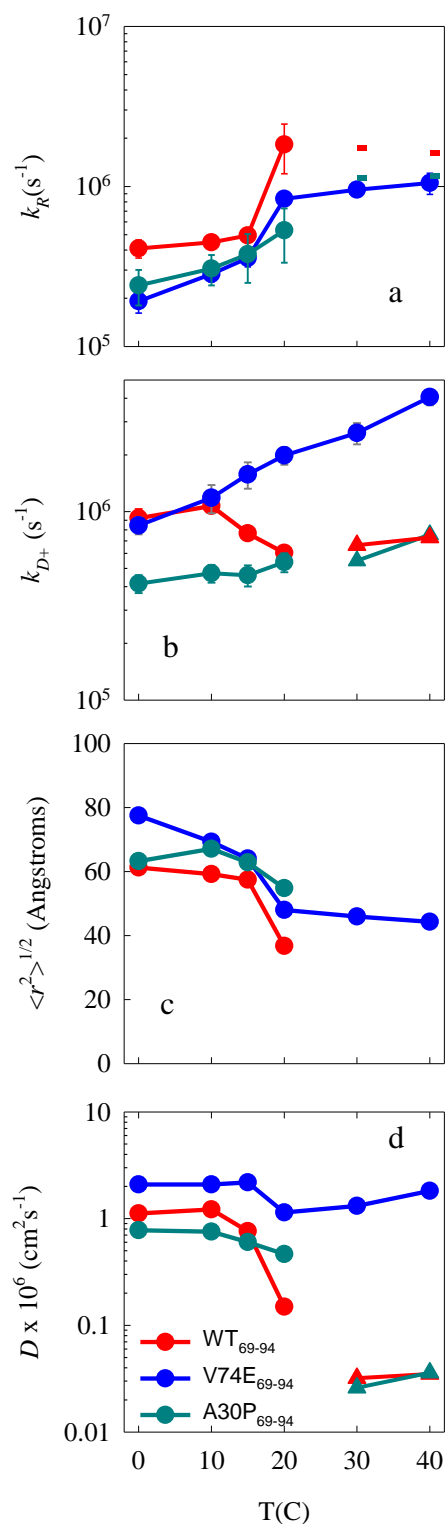


Figure S2. a) Reaction-limited rates of WT₆₉₋₉₄, A30P and V74E placed in the 69-94 loop. The rate at 30 and 40 C for the wildtype and A30P are too fast to be quantitatively determined and the dashes represents the lower limit. b) Diffusion-limited rates, normalized to the viscosity of water at that temperature. At T=30 and 40 C the observed rates are diffusion limited ($k_{obs} \sim k_{D+}$) and are plotted as triangles. c) Average root mean square distance between the Trp and Cys

determined for each reaction-limited rate using Eq. 4 and Eq. 6. d) Intramolecular diffusion coefficients determined for each diffusion-limited rate using Eq. 5. (triangles) D determined from values in (b) using Eq. 3 and $\langle r^2 \rangle = 400 \pm 100 \text{ \AA}^2$. The error bars are the propagated error of k_{D+} and $\langle r^2 \rangle$.