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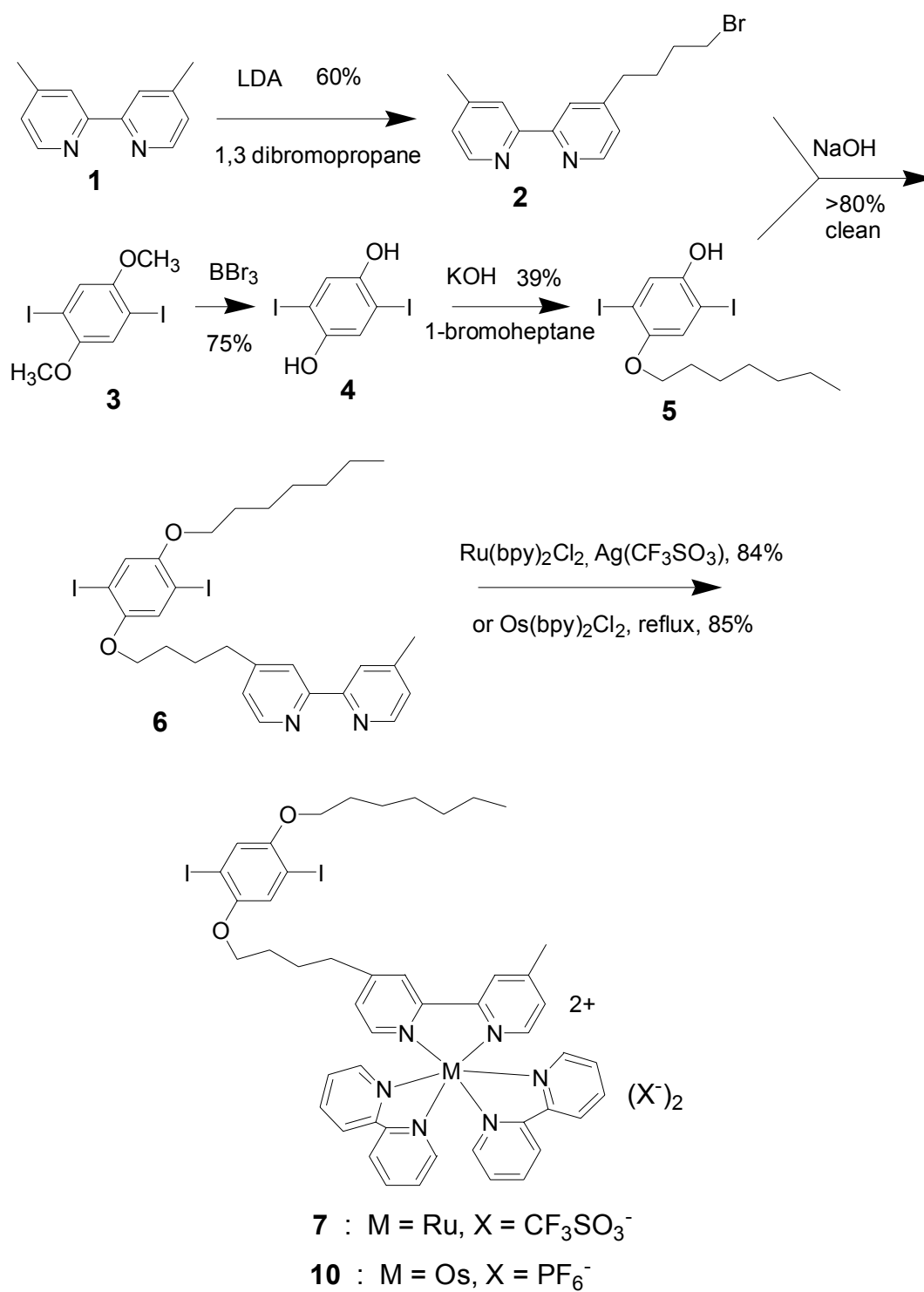
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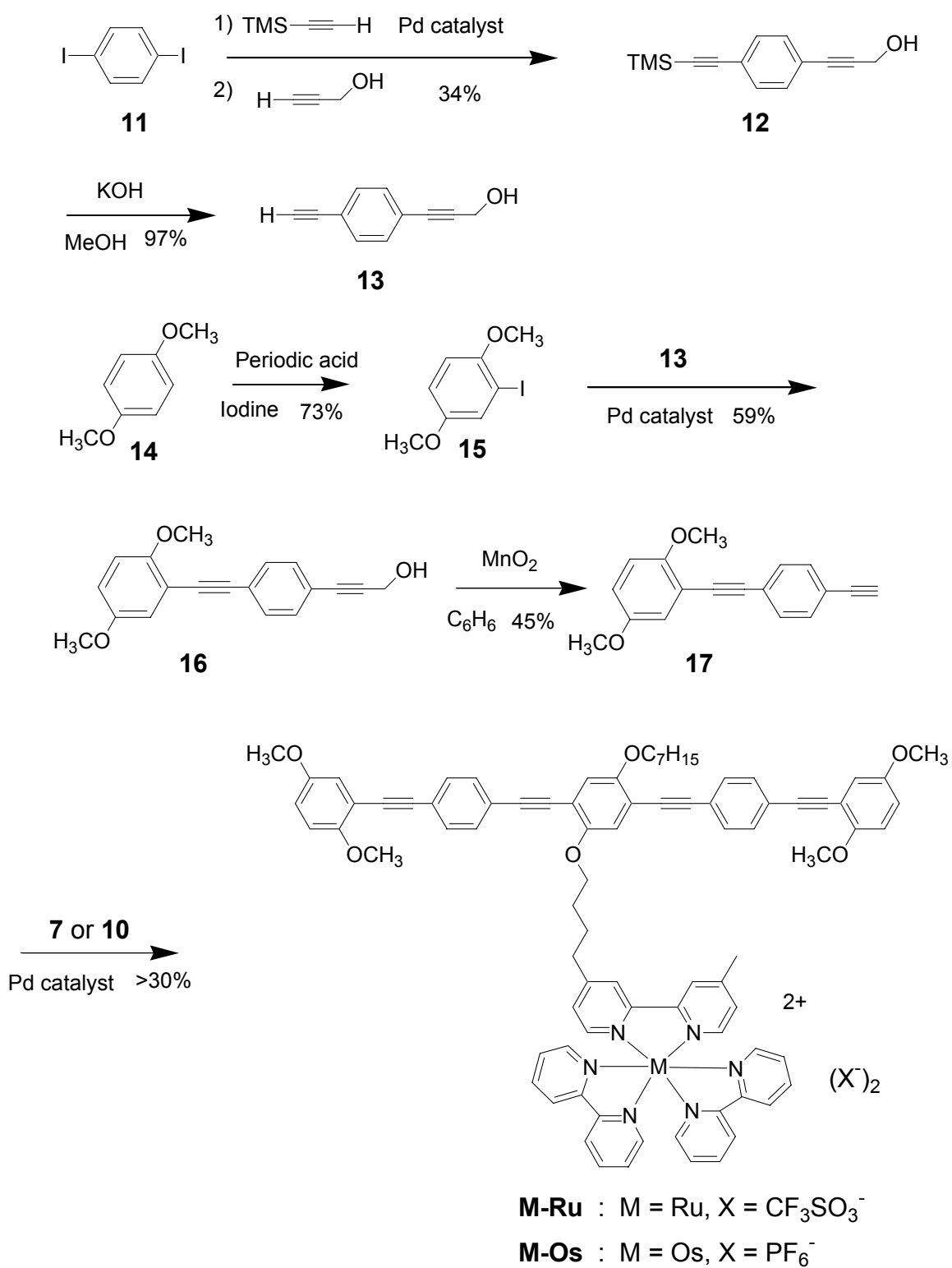
Figure S-21 MLCT emission decays for **P-Ru** and **P-Os** as a function of [NDI] in DMF solution. (a) **P-Ru**, (b) **P-Os**.

Figure S-22 Stern-Volmer plots for steady-state quenching ($I/I_0 - 1$) and time-resolved quenching ($\tau_0/\tau - 1$) of the MLCT emission from **P-Ru**, **P-Os**, **M-Ru** and **M-Os** by NDI quencher in DMF solvent. (a) Steady-state quenching (\blacklozenge): **P-Ru**; (\diamond): **P-Os**; (\blacktriangle): **M-Ru**; (Δ): **M-Os**. (b) Time-resolved quenching (\blacklozenge): **P-Ru**; (\diamond): **P-Os**.

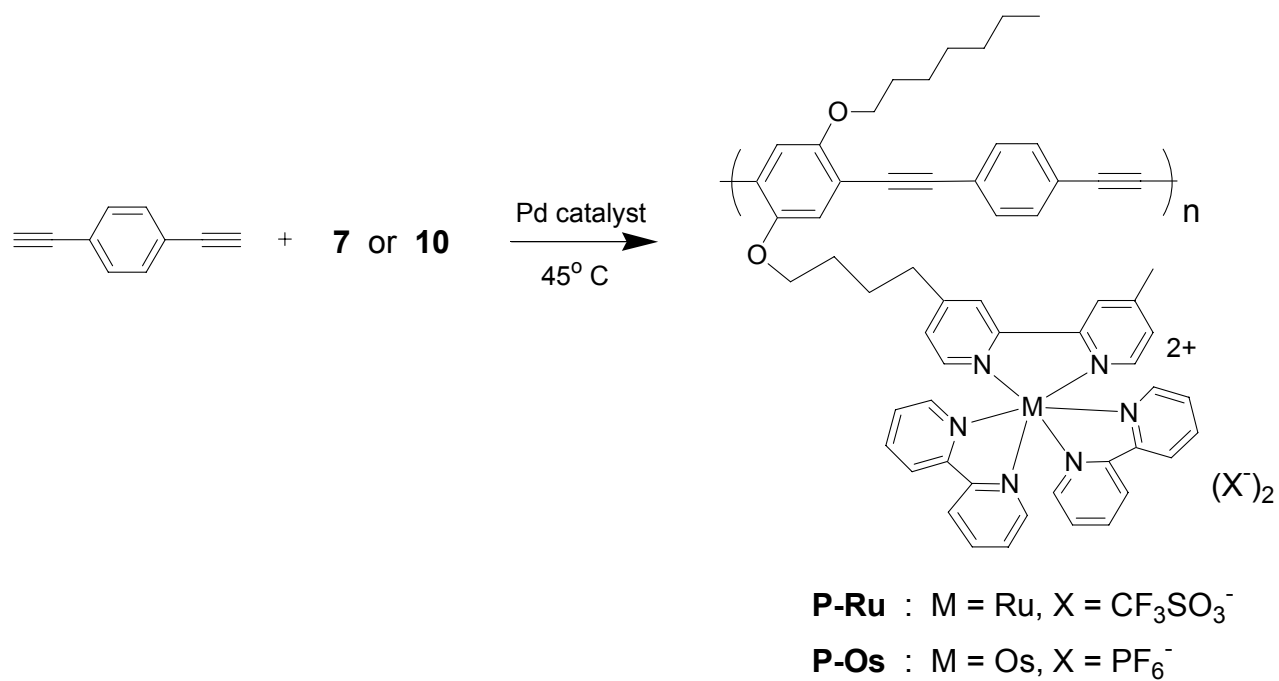
Scheme 1



Scheme 2



Scheme 3



Synthesis and Characterization of Metal-Oligomers and Polymers

Materials. Solvents and chemicals used for synthesis were of reagent grade and used without purification unless noted. Silica gel (Merck, 230-400 mesh) was used for chromatography. NMR spectra were obtained on a Varian 300-MHz spectrometer.

4-methyl-4'-(4-bromobutyl)-2,2'-bipyridine (2). This compound was prepared by modification of literature procedures.¹⁻⁴ A solution of LDA was prepared by adding 6 mL of 2.5 M butyllithium (14.5 mmol) in hexane dropwise to diisopropyl amine (2.3 mL, 16.2 mmol) in 5 mL of THF at -78°C . After stirring the solution for 15 min, a solution of 4,4'-dimethyl-2,2'-bipyridine (**1**) (2.4 g, 13 mmol) dissolved in 60 mL of THF was added. The resulting dark brown mixture was stirred for 2 hr at -78°C , then stirred at 0°C for 0.5 hr. Then 1,3-dibromopropane (13.2 mL, 130mmol) in 70 mL of THF was added dropwise over one hour, during which time the solution's color changed first to green and then to yellow. The reaction solution was stirred overnight at ambient temperature. After this time, solvent and excess 1,3-dibromopropane were removed under reduced pressure. The resulting residue was purified by gradient column chromatography on alumina (hexanes/ CH_2Cl_2 70/30 at the beginning, then polarity increasing gradually, hexanes/ CH_2Cl_2 /acetone 40/55/5 at the end). The product was obtained as a white solid, yield 2.4g (60%).

Spectral Data: ^1H NMR (CDCl_3 , ppm) δ 1.79–1.98 (br, m, 4H), 2.40 (s, 3H), 2.70 (t, 2H), 3.40 (t, 2H), 7.11 (d, 2H), 8.21 (s, 2H), 8.56 (d, 1H), 8.57 (d, 1H); ^{13}C NMR (CDCl_3 , ppm) 21.1, 28.6, 32.0, 33.2, 34.4, 121.0, 121.9, 123.7, 124.6, 148.0, 148.7, 148.9, 151.6, 155.7, 156.0.

2,5-diiodo-1,4-hydroquinone (4). This compound was prepared by modification of literature procedures.^{5, 6} Boron tribromide (12.8 mL, 12.8 mmol) was added dropwise to a cold (-78°C) solution of 2,5-dimethoxy-1,4-diiodobenzene (**3**) (2 g, 5.12 mmol) in CH_2Cl_2 (20 mL). The resulting solution was stirred at ambient temperature for 40 hr, and then poured into ice water. The product precipitated, and the crude solid was recrystallized in a mixture of THF and hexane to afford 1.4 g of the pure product (yield: 75%).

Spectral Data: ^1H NMR (acetone- d_6 , ppm) δ 7.30 (s, 2H), 8.80 (s, 2H); ^{13}C NMR (acetone- d_6 , ppm) 84.3, 125.0, 151.7.

4-Heptyloxy-2,5-diiodophenol (5). This compound was prepared by modification of a literature procedure.⁵ To a solution of compound **4** (5 g, 13.8 mmol) in DMSO (35 mL) was added potassium hydroxide powder (2.32 g, 41.4 mmol). A solution of 1-bromoheptane (2.47 g, 13.8 mmol) in DMSO (7.5 mL) was added immediately. The resulting mixture was stirred at ambient temperature overnight and then it was poured into water. A solid (mainly the bis-heptyloxy-substituted by-product) was removed by filtration, and the filtrate was neutralized to pH = 7 by addition of hydrochloric acid. The dark brown product that precipitated was collected by filtration, and then recrystallized in hexanes to afford the pure product (yield 2.5 g, 39%).

Spectral Data: ^1H NMR (CDCl_3 , ppm) δ 0.90 (t, 3H), 1.19-1.4 (br, m, 6H), 1.49 (quintet, 2H), 1.79 (quintet, 2H), 3.89 (t, 2H), 4.9 (br, 1H), 7.00 (s, 1H), 7.40 (s, 1H); ^{13}C NMR (CDCl_3 , ppm) 14.1, 22.6, 26.0, 29.0, 29.1, 31.8, 70.3, 84.4, 87.6, 120.8, 124.7, 149.7, 152.6.

4-[4-(4-Heptyloxy-2,5-diiodophenoxy)butyl]-4'-methyl-2,2'-bipyridine (6). This compound was prepared by modification of a literature procedure.⁵ Compound **2** (1.66 g, 3.61 mmol), **5** (1 g, 3.38 mmol) and powdered NaOH (0.39 g, 9.84 mmol) were dissolved in 33 mL of DMF. The color of the solution turned light red from light yellow after 10 minutes of heating at 75°C. The mixture was stirred for 6 hr at 75°C. At this time, a small aliquot was removed from the reaction mixture, dropped into water and extracted with CH_2Cl_2 . The solvent was removed by vacuum, and ^1H NMR of the resulting solid indicated that the reaction was complete based on the absence of a resonance at 3.4 ppm (due to the $-\text{CH}_2\text{-Br}$ protons in **2**). Subsequently, 50 mL of water was added to the reaction mixture, and the aqueous solution was extracted with a large amount of CH_2Cl_2 . The organic layer was dried over anhydrous sodium sulfate and then evaporated to afford the crude product. Purification was accomplished by gradient column chromatography on silica gel. The elution was begun with hexanes/THF 95/5 and the polarity was gradually increased to hexanes/THF 80/20. The pure product was obtained as white, microcrystalline material, yield 2.0 g (90%).

Spectral Data: ^1H NMR (CDCl_3 , ppm) δ 0.85 (t, $J=6.9$ Hz, 3H), 1.27 (m, 6H), 1.44 (quintet, 2H), 1.72-1.92 (m, 6H), 2.39 (s, 3H), 2.75(t, $J=7.5$ Hz, 2H), 3.87 (t, $J=6.3$ Hz, 2H), 3.90 (t, $J=6.0$ Hz, 2H), 7.08 (d, $J=5.1$ Hz, 1H), 7.11 (s, 2H), 7.13 (d, $J=5.7$ Hz, 1H), 8.18 (s, 1H), 8.23 (s, 1H), 8.49 (d, $J=5.1$ Hz, 1H), 8.52 (d, $J=5.1$ Hz, 1H); ^1H NMR (acetone-d, ppm) δ 0.90 (t, 3H), 1.32 (m, 6H), 1.51 (quintet, 2H), 1.79 (quintet, 2H), 1.90 (quintet, 2H), 2.00 (quintet, 2H), 2.42 (s, 3H), 2.88 (t, 2H), 4.00 (t, 2H), 4.10 (t, 2H), 7.22 (d, 1H), 7.29 (d, 1H), 7.30 (s, 1H), 7.33 (s, 1H), 8.30 (s, 1H), 8.40 (s, 1H), 8.50 (d, 1H), 8.55 (d, 1H); ^{13}C NMR (CDCl_3 , ppm) 14.1, 21.1, 22.5, 25.9, 26.7, 28.6, 28.9, 29.0, 31.7, 34.9, 69.7, 70.1, 86.2, 121.3, 122.0, 122.5, 122.6, 123.8, 124.6, 148.1, 148.7, 148.9, 152.1, 152.5, 152.8, 155.8, 155.9. Mass spec. (FAB, high resolution) calc'd for $\text{C}_{28}\text{H}_{35}\text{N}_2\text{O}_2\text{I}_2$ (M+H) 685.07880, found 685.07879.

Compound 7. This compound was prepared via modification of literature procedures.^{5, 7, 8} $\text{Ru}(\text{bpy})_2\text{Cl}_2$ (0.38g, 0.78mmol) was dissolved in 320 mL acetone, then $\text{Ag}(\text{CF}_3\text{SO}_3)$ (0.8g, 3.1 mmol) was added. The solution changed to a red-wine color. The reaction mixture was refluxed for 2 hrs and during this time a precipitate formed. The reaction mixture was filtered through Celite to remove AgCl . A solution of compound 6 (0.38 g, 0.55 mmol) in 25 mL of 2-methoxy ethanol was added, and the reaction was stirred at reflux overnight, and monitored by thin layer chromatography. When TLC indicated that the reaction was complete, the solvents were removed by vacuum. The residue was then purified by gradient chromatography on silica gel (eluant: hexanes/methylene chloride 80/20 at the beginning, then gradually increasing polarity, methylene chloride/acetonitrile 70/30 at the end). The red-orange fluorescent fraction was collected and the solvent was evaporated to afford the pure product as a red microcrystalline solid, yield 0.65 g (84%).

Spectral Data (see Figures S-1 – S-3): ^1H NMR (acetone-d, ppm) δ 0.90 (t, 3H), 1.28 – 1.42 (m, 6H), 1.54 (quintet, 2H), 1.79 (quintet, 2H), 1.88 (quintet, 2H), 2.00 (quintet, 2H), 2.58 (s, 3H), 3.01 (t, $J=7.5$ Hz, 2H), 4.03 (t, $J=6.3$ Hz, 2H), 4.06 (t, $J=5.4$ Hz, 2H), 7.33 (s, 2H), 7.42 (d, $J=6.3$ Hz, 1H), 7.50 (d, $J=6.3$ Hz, 1H), 7.57 (m, 4H), 7.83 (d, $J=6.3$ Hz, 1H), 7.89 (d, $J=6.3$ Hz, 1H), 8.04 (m, 4H), 8.19 (t, $J=6.3$ Hz, 4H), 8.79 (s, 1H), 8.83 (s, 1H), 8.85 (d, $J=6.3$ Hz, 4H); ^1H

NMR (CDCl₃, ppm) δ 0.84 (t, J=6.9 Hz, 3H), 1.22-1.35 (m, 6H), 1.44 (quintet, J=6.6 Hz, 2H), 1.74 (quintet, J=6.6 Hz, 2H), 1.83 (quintet, J=6.3 Hz, 2H), 1.94 (quintet, J=6.9 Hz, 2H), 2.52 (s, 3H), 2.91 (t, J=7.2 Hz, 2H), 3.87 (t, J=6.3 Hz, 2H), 3.92 (t, J=5.4 Hz, 2H), 7.11 (s, 1H), 7.13 (s, 1H), 7.21 (d, J=5.7 Hz, 1H), 7.27 (d, J=6.0 Hz, 1H), 7.39-7.52 (m, 6H), 7.62-7.72 (m, 4H), 7.98 (t, J=7.5 Hz, 4H), 8.40 (d, J= 4.8 Hz, 2H), 8.56 (d, J=8.3 Hz, 4H); ¹³C NMR (acetone-d₆, ppm) δ 14.4, 21.1, 23.2, 26.7, 27.4, (three peaks between 29 and 31 are hidden in the solvent acetone peaks), 32.5, 35.2, 70.4, 70.8, 86.9, 120.0, 123.4, 123.6, 124.3, 125.3, 126.2, 128.6, 129.4, 138.7, 151.2, 151.6, 151.9, 152.5, 153.6, 153.8, 155.3, 157.5, 157.7, 158.1; ¹³C NMR (CDCl₃, ppm) 14.1, 21.3, 22.6, 25.9, 26.4, 28.5, 28.9, 29.1, 31.7, 34.7, 69.6, 70.3, 86.4, 112.0, 118.6, 122.6, 122.7, 124.6, 125.5, 128.0, 129.0, 138.0, 150.2, 150.3, 150.4, 151.1, 152.4, 152.9, 154.6, 156.1, 156.3, 156.6. Mass spec. (electrospray, high resolution) calc'd for C₄₀H₅₀O₅N₆F₃I₂RuS (M⁺) 1247.0658, found 1247.0466.

Compound 10. Compound **6** (0.1 g, 0.146 mmol) and Os(bpy)₂Cl₂ (0.082 g, 0.151 mmol) were combined in 15 mL of ethylene glycol and the solution was refluxed under nitrogen for 40 hr. The reaction was cooled to room temperature and then it was poured into 20 mL of saturated aqueous NH₄PF₆ solution whereupon the dark green PF₆⁻ salt of the complex precipitated. The mixture was cooled in a refrigerator overnight, and the product was collected by filtration, washed with water several times, and then dried to afford the pure compound, yield 180 mg (86%).

Spectral Data (see Figures S-4 – S-7): ¹H NMR (acetone-d₆, ppm) δ 0.89 (t, J=6.9 Hz, 3H), 1.22-1.42 (m, 6H), 1.54 (quintet, J=6.9 Hz, 2H), 1.79 (quintet, J=7.5 Hz, 2H), 1.86 (quintet, J=6.9 Hz, 2H), 1.99 (quintet, J=7.8 Hz, 2H), 2.64 (s, 3H), 3.04 (t, J=6.9 Hz, 2H), 4.03 (t, J=6.0 Hz, 2H), 4.06 (t, J=6.0 Hz, 2H), 7.32 (s, 1H), 7.34 (s, 1H), 7.44 (m, 4H), 7.76 (d, J=6.3 Hz, 1H), 7.81 (d, J=5.7 Hz, 1H), 7.99 (m, 4H), 8.69 (s, 1H), 8.74 (s, 1H), 8.78 (d, J=7.8 Hz, 4H); ¹³C NMR (acetone-d, ppm) 14.4, 21.1, 23.4, 26.8, 27.7, (three peaks between 29 and 31 are hidden in the acetone peaks), 32.6, 35.1, 70.5, 70.9, 87.0, 123.5, 123.7, 125.5, 126.3, 129.2, 129.9, 138.0,

150.8, 151.0, 151.2, 151.7, 151.8, 153.6, 154.8, 159.5, 160.2. Mass spec. (electrospray, high resolution) calc'd for $C_{48}H_{50}O_2N_6F_6I_2OsP$ (M^+) 1333.1340, found 1333.1442.

Compound 12. This compound was prepared via modification of literature procedures.^{9, 10} 1,4-diiodo-benzene (**11**) (14 g, 42.4 mmol) was dissolved in 85 mL of THF, 50 mL of diisopropyl-amine was added, the solution was degassed for 15 min with argon flow. Then trimethylsilyl acetylene (6 mL, 42.4 mmol), $Pd(PPh_3)_2Cl_2$ (0.89 g, 1.27 mmol) and CuI (0.81 g, 4.24 mmol) were added under nitrogen. The reaction mixture was stirred for 2 hr under reflux, and the color was yellow. Then 2-propyne-1-ol (3 mL, 50.8 mmol) was added dropwise with a syringe, and the color of the solution immediately turned black. The reaction mixture was stirred overnight at reflux. After this time, the reaction mixture was filtered through Celite to remove solids. The filtrate was evaporated and purified by silica gel chromatography (eluant: CH_2Cl_2 /hexane 4/1). Yield, 3.3 g (34 %).

Compound 13. A mixture of compound **12** (3.3 g, 14.4 mmol), KOH (3.2 g, 57.8 mmol) in a mixture of water (13 mL), methanol (24 mL) and THF (29 mL) was stirred for 6 hr at room temperature. After this time, the solvents were evaporated, the residue was extracted with ethyl ether, washed with 0.5 M of HCl solution, and then with saturated $NaHCO_3$ solution. Evaporation of ether afforded the product, yield 2.2 g (97%).

Spectral Data: 1H NMR ($CDCl_3$, ppm) δ 3.18 (s, 1H), 4.48 (s, 2H), 7.40 (dd, 4H).

Compound 16. Compound **13** (0.75 g, 4.8 mmol) and 2-iodo-1,4-dimethoxybenzene⁹ (**15**) (1.34 g, 5.1 mmol) were dissolved in 24 mL of THF. Diisopropylamine (9 mL) was added, the solution was degassed for 30 min with argon, and then $Pd(PPh_3)_2Cl_2$ (0.067g, 0.096mmol) and CuI (0.046g, 0.24 mmol) were added under nitrogen. The reaction mixture was stirred overnight at 70° C, and it exhibited a blue fluorescence. The reaction mixture was cooled and filtered to remove solids through Celite and then purified by chromatography on silica, yield 0.82 g (59%).

Spectral Data: 1H NMR ($CDCl_3$, ppm) δ 2.95 (br, 1H), 3.95 (s, 3H), 4.05 (s, 3H), 4.68 (s, 2H), 7.02 (dd, 2H), 7.22 (s, 1H), 7.57 (d, 2H), 7.68 (dd, 4H); ^{13}C NMR ($CDCl_3$, ppm) 51.3, 55.6, 56.3, 85.0, 87.4, 89.1, 92.8, 111.9, 112.4, 115.8, 117.9, 122.1, 123.3, 131.4, 153.0, 154.3.

Compound 17. This compound was prepared via modification of a literature procedure.¹⁰ Compound **16** (1.5 g, 5.1 mmol), ground potassium hydroxide (1.44 g, 25.6 mmol) and manganese dioxide (4.46 g, 51.3 mmol, precipitated active) were placed in 50 mL of benzene. The mixture was stirred 6 hr at ambient temperature. The reaction mixture was filtered and it was purified by column chromatography on silica gel, yield 0.6g (45%).

Spectral Data: ¹H NMR (CDCl₃, ppm) δ 3.18 (s, 1H), 3.76 (s, 3H), 3.86 (s, 3H), 6.82 (dd, 2H), 7.02 (d, 1H), 7.47 (dd, 4H); ¹³C NMR (CDCl₃, ppm) 55.7, 56.4, 78.8, 83.3, 87.7, 92.7, 112.0, 112.4, 116.0, 118.0, 121.7, 123.8, 131.5, 131.9, 153.1, 154.4.

M-Ru. Compound **7** (0.054 g, 0.039 mmol) and compound **17** (0.021 g, 0.080 mmol) were dissolved in 9 mL of THF and 5 mL of diisopropylamine, the solution was degassed for 30 min with argon flow and then Pd(PPh₃)₂Cl₂ (0.002 g, 0.0027 mmol) and CuI (0.001 g, 0.0054 mmol) were added under argon. The reaction mixture was stirred overnight at 70° C. The solvents were then evaporated, and added a minimal amount of CH₂Cl₂ was added to dissolve the crude product. Diethyl ether was subsequently added to precipitate the desired product. The precipitate was recovered by centrifugation and decantation. The precipitate was then washed several times with diethyl ether to afford the pure product, yield 20 mg (30%).

Spectral Data (see Figures S-8 – S-13): ¹H NMR (acetone-d, ppm) δ 0.88 (t, 3H), 1.33 (m, 6H), 1.43 (m, 2H), 1.60 (quintet, J=7.8 Hz, 2H), 1.86 (quintet, J=7.5 Hz, 2H), 1.96 (m, 2H), 2.56 (s, 3H), 3.06 (t, J=7.2 Hz, 2H), 3.79 (s, 3H), 3.80 (s, 3H), 3.83 (s, 3H), 3.87 (s, 3H), 4.12 (t, J=6.0 Hz, 2H), 4.20 (t, 2H); 7.02 (m, 4H+2H), 7.19 (s, 2H), 7.38 (m, 3H) 7.48 (m, 3H), 7.58 (m, 8H), 7.80 (m, 2H), 8.03 (m, 4H), 8.18 (m, 4H), 8.76 (m, 4H+2H); ¹³C NMR (acetone-d, ppm) 14.9, 19.8, 21.9, 23.8, 27.4, (three peaks between 29 and 31 hide in the peaks of acetone), 33.2, 36.0, 56.8, 57.2, 70.2, 70.7, 89.5, 89.7, 93.7, 113.8, 115.2, 115.6, 117.4, 118.1, 119.3, 119.5, 124.5, 124.7, 125.2, 125.9, 126.0, 126.6, 129.3, 130.0, 132.9, 139.3, 151.8, 152.1, 152.4, 153.0, 153.2, 154.8, 154.9, 155.3, 155.9, 156.0, 158.0, 158.1, 158.6. Mass spec. (electrospray, high resolution) calc'd for C₈₅H₇₆O₉N₆F₃RuS (M⁺) 1515.4406, found: 1515.4539.

M-Os. This compound was prepared according the method described above for **M-Ru**, except that **10** was used in place of **7**. The final product was further purified by silica column chromatography a gradient (CH₂Cl₂/CH₃CN 90/10 to CH₂Cl₂/CH₃CN 70/30), yield 40 mg (42%).

Spectral Data (see Figures S-14 – S-17): ¹H NMR (acetone-d, ppm) δ 0.88 (t, J=6.6 Hz, 3H), 1.33 (m, 6H), 1.43 (m, 2H), 1.60 (quintet, J=7.8 Hz, 2H), 1.86 (quintet, J=7.5 Hz, 2H), 1.96 (m, 2H), 2.61 (s, 3H), 3.08 (t, J=7.2 Hz, 2H), 3.79 (s, 3H), 3.82 (s, 3H), 3.87 (s, 3H), 4.11 (t, J=6.0 Hz, 2H), 4.19 (t, 2H); 7.02 (m, 4H+2H), 7.18 (d, J=3.0 Hz, 2H), 7.38 (m, 3H) 7.46 (m, 4H), 7.48 (m, 3H), 7.57 (m, 4H), 7.70 (m, 2H), 7.90 (m, 4H), 7.96 (m, 4H), 8.71 (m, 4H+2H); ¹³C NMR (acetone-d, ppm) 14.5, 21.1, 23.3, 26.9, 28.1, (three peaks between 29 and 31 hide in the peaks of acetone), 32.7, 35.3, 56.1, 56.7, 69.7, 70.2, 89.2, 93.3, 95.4, 113.3, 114.7, 115.0, 116.9, 117.6, 118.7, 119.0, 124.0, 125.5, 126.2, 129.2, 129.9, 132.4, 138.0, 150.9, 151.4, 151.5, 151.8, 154.3, 154.8, 154.9, 155.4, 155.6, 159.3, 159.6, 160.3. Mass spec. (electrospray, high resolution) calc'd for C₈₄H₇₆O₆N₆F₆P₁O_s (M⁺) 1601.5038, found: 1601.5089.

Ru-P. Compound **7** (0.10 g, 0.072 mmol) and 1,4-diethynylbenzene¹¹ (0.0095 g, 0.034 mmol) were dissolved in 7 mL of DMF and 4 mL of diisopropylamine and the solution was degassed with argon for 0.5 hr. Then Pd(PPh₃)₂Cl₂ (0.0025 mg, 0.0036 mmol) and CuI (0.0014 g, 0.0072 mmol) were added under argon. The reaction was stirred and maintained at 45° C for 12 hr. The polymer was precipitated from the reaction mixture by pouring the DMF/diisopropylamine solution into vigorously stirring methanol that had previously been cooled to -78° C. The polymer was collected by filtration. It was further purified by re-dissolving into DMF and precipitation from cold methanol, yield after purification 80 mg (73%). The purified polymer was soluble only in DMF and DMSO. In addition, the material could not be taken to dryness, because it would not re-dissolve after drying. Thus, the polymer was stored in the dark as a suspension in methanol solution. GPC analysis was repeatedly attempted using CHCl₃/DMF mixtures, but the polymer did not elute from the column.

Spectral Data (see supporting Figure S-18): ^1H NMR (DMF- d_7 , ppm) δ 0.89 (s, br, 3H, $-\text{CH}_3$), 1.29 (m, 6H, $-\text{CH}_2-$), 1.57 (br, 2H, $-\text{CH}_2-$), 1.85 (br, 2H, $-\text{CH}_2-$), 2.01 (br, 4H, $-\text{CH}_2-$), 2.60 (s, 3H, Ar- CH_3), 3.02 (partially obscured by DMF peak, s, 2H, Ar- CH_2-), 4.18 (m, 4H, $-\text{O}-\text{CH}_2-$), 7.35 (br, 2H, bpy), 7.48 (br, 2H, Ar), 7.63 (m, 4H+4H, bpy+Ar), 7.83 (s, br, 2H, bpy), 8.0 (br, 4H, bpy, obscured by DMF peak), 8.24 (s, br, 4H, bpy), 8.98 (br, 6H, bpy).

Os-P. This polymer was prepared, purified and stored as described above for **Ru-P**. It was also obtained in 75% yield.

Spectral Data (see supporting Figure S-19): ^1H NMR (DMF- d_7 /DMSO- d_6 mixture) δ 0.88 (br, 3H, $-\text{CH}_3$), 1.30 (m, br, 6H, $-\text{CH}_2-$), 1.56 (br, 2H, $-\text{CH}_2-$), 1.82 (br, 2H, $-\text{CH}_2-$), 1.98 (br, 4H, $-\text{CH}_2-$), 2.66 (s, 3H, Ar- CH_3), 3.04 (br, 2H, Ar- CH_2-), 4.10 (m, 4x2H, $-\text{O}-\text{CH}_2-$), 7.36 (br, 2H+2H, bpy and Ar), 7.50 (br, 4H, bpy), 7.65 (br, 4H, Ar), 7.82 (br, 4H+2H, bpy), 8.0 (br, 4H, bpy, hide in a big peak of DMF-d), 8.89 (br, 6H, bpy).

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076 Ru complex acetone-d
Pulse Sequence: s2pu1

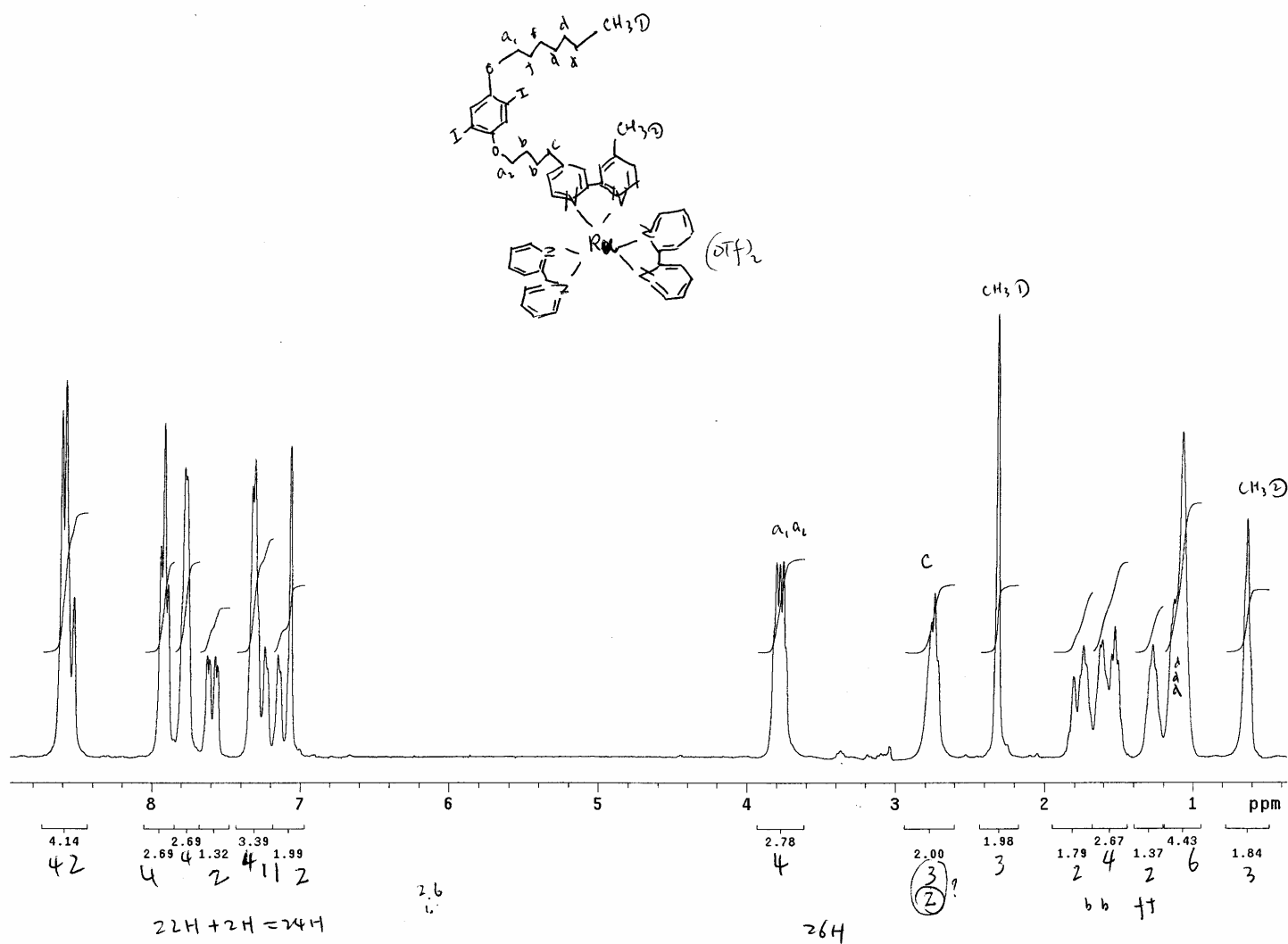


Figure S-1

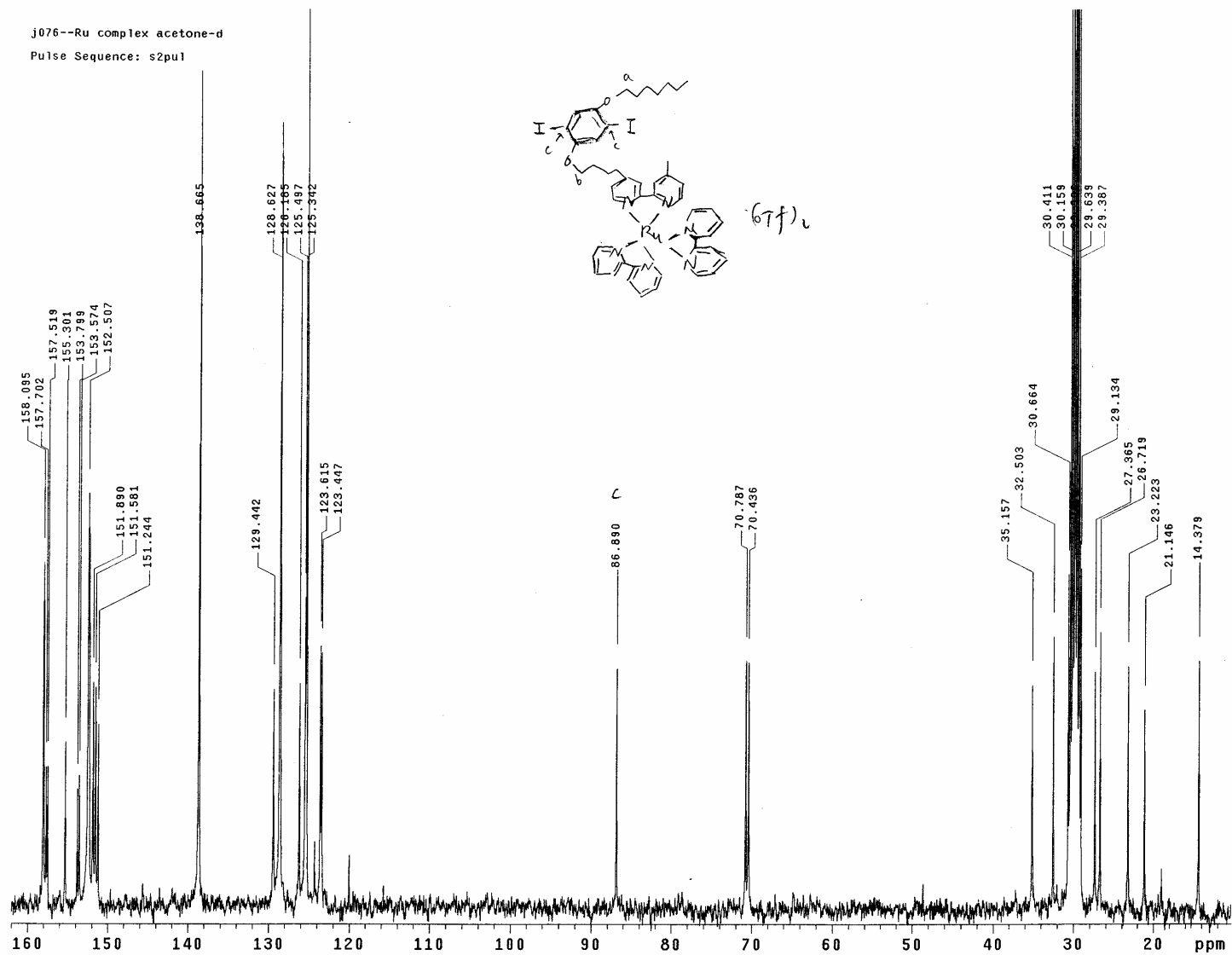


Figure S-2

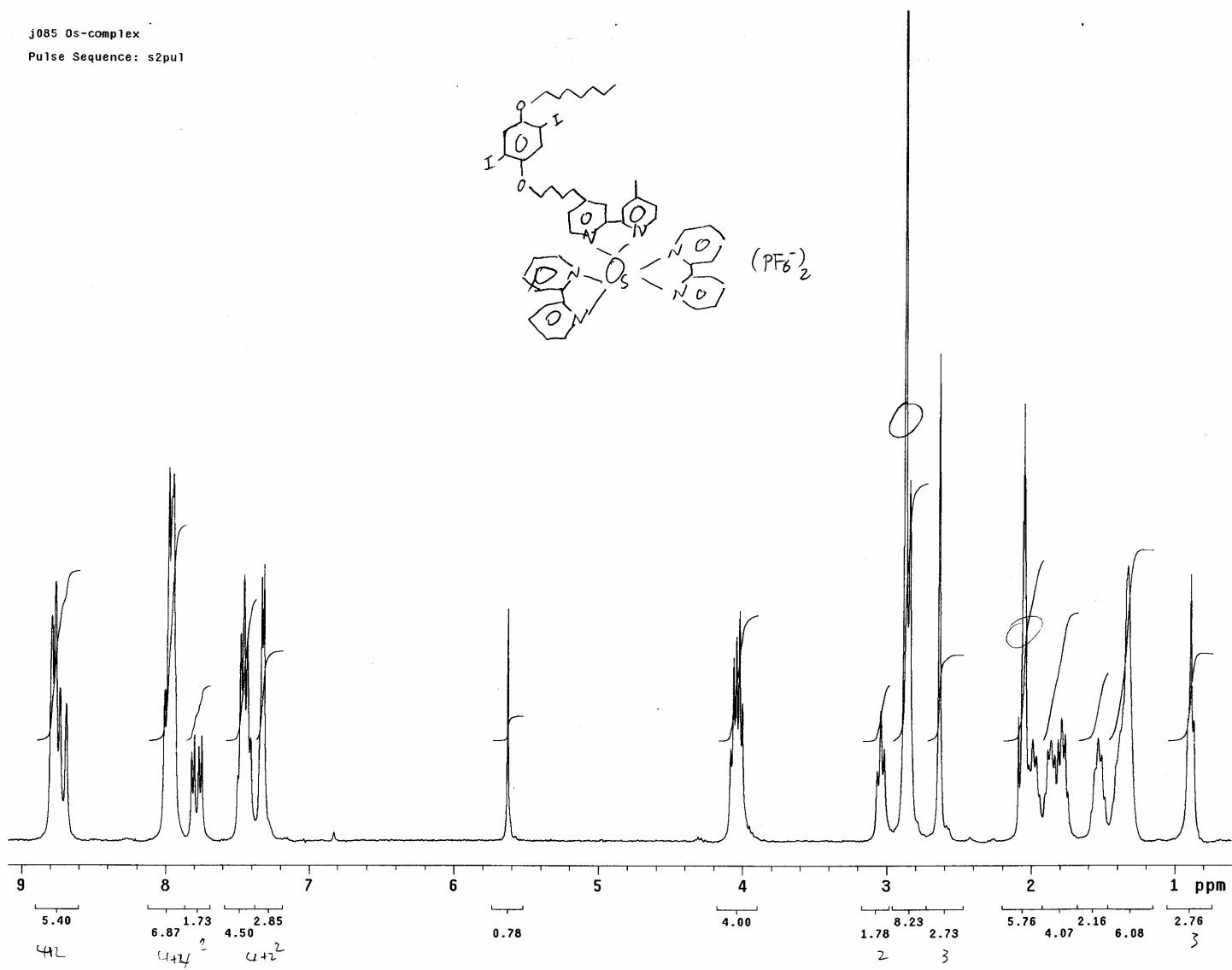


Figure S-4

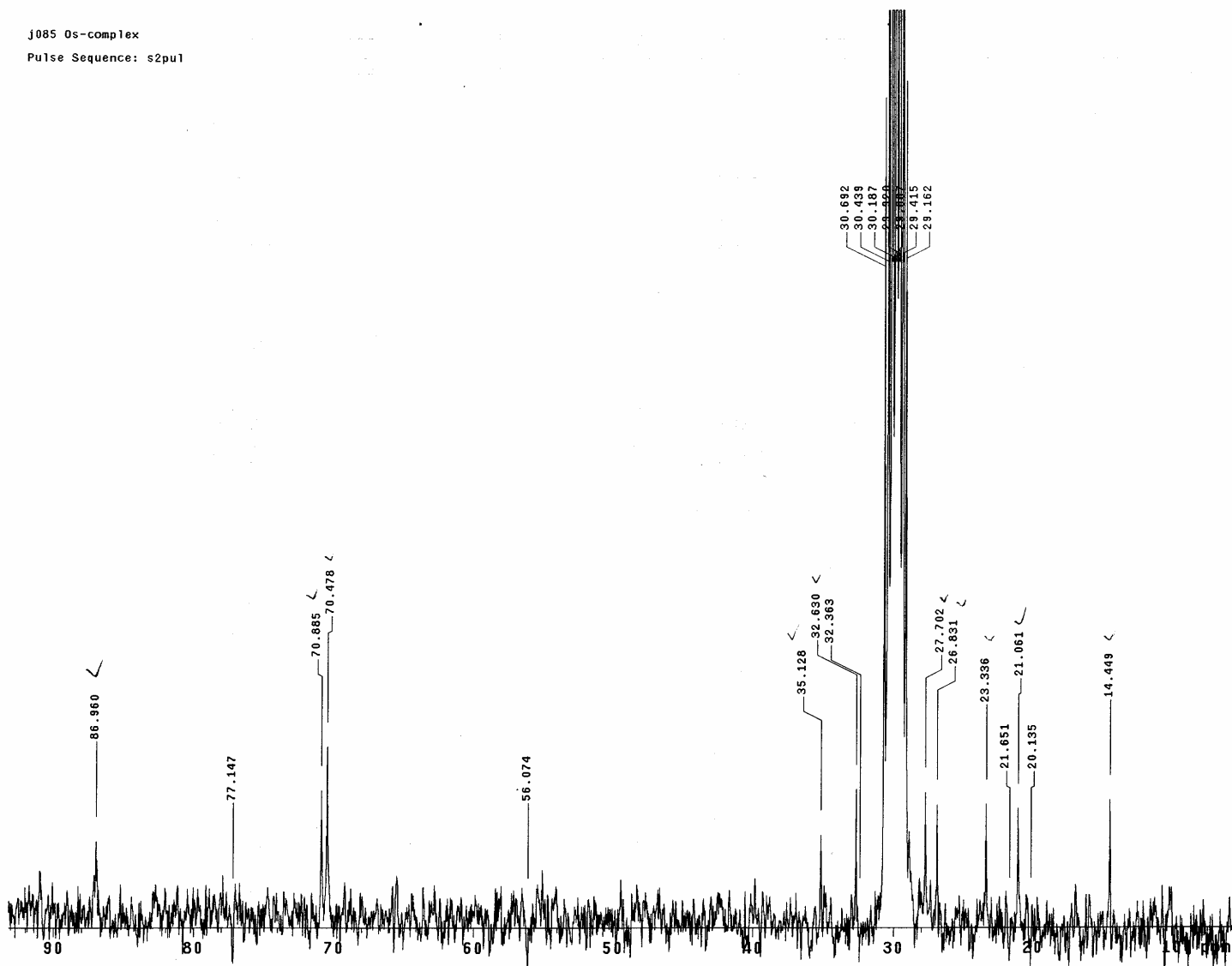


Figure S-5

j085 Os-complex
Pulse Sequence: s2pu1

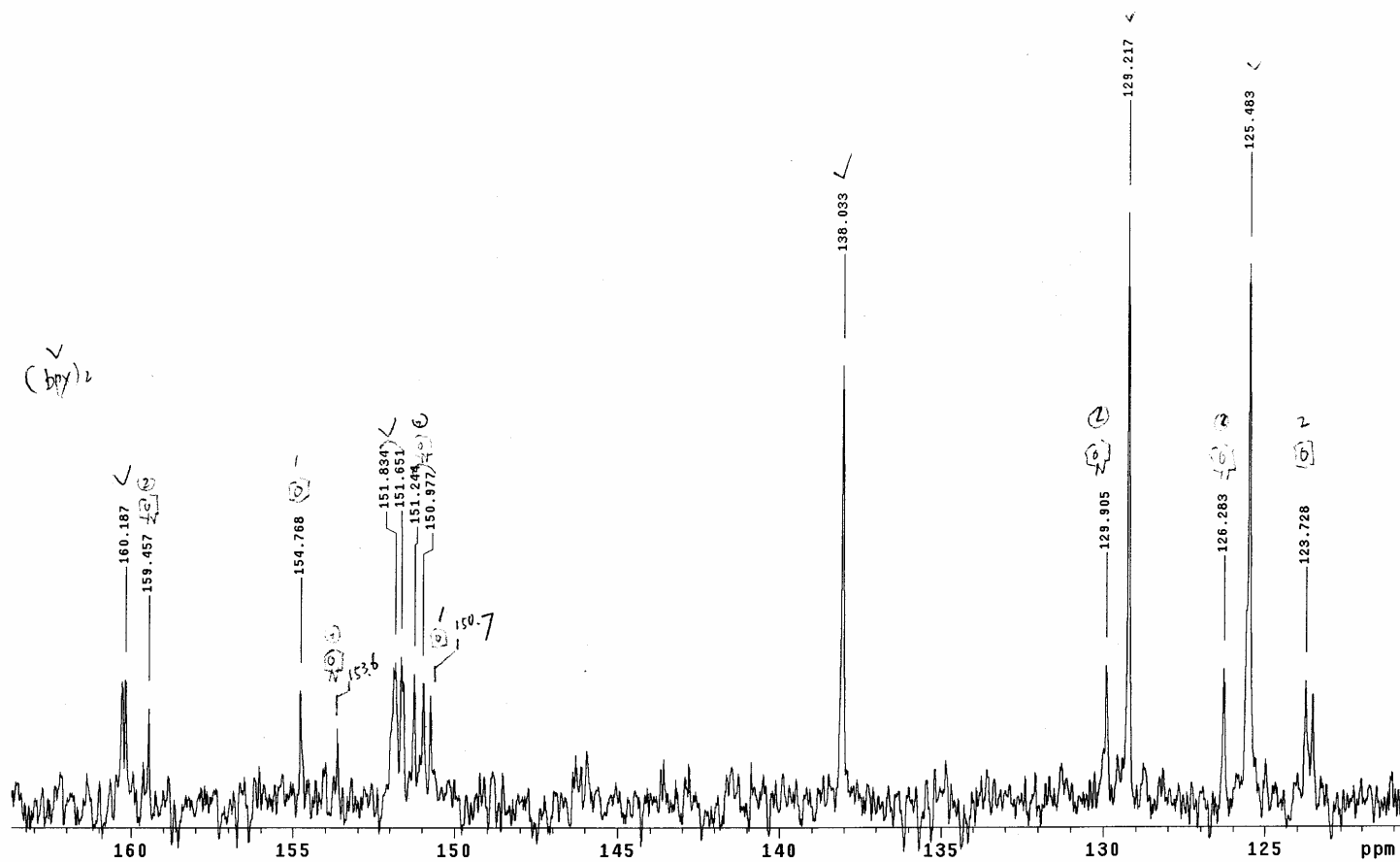


Figure S-6

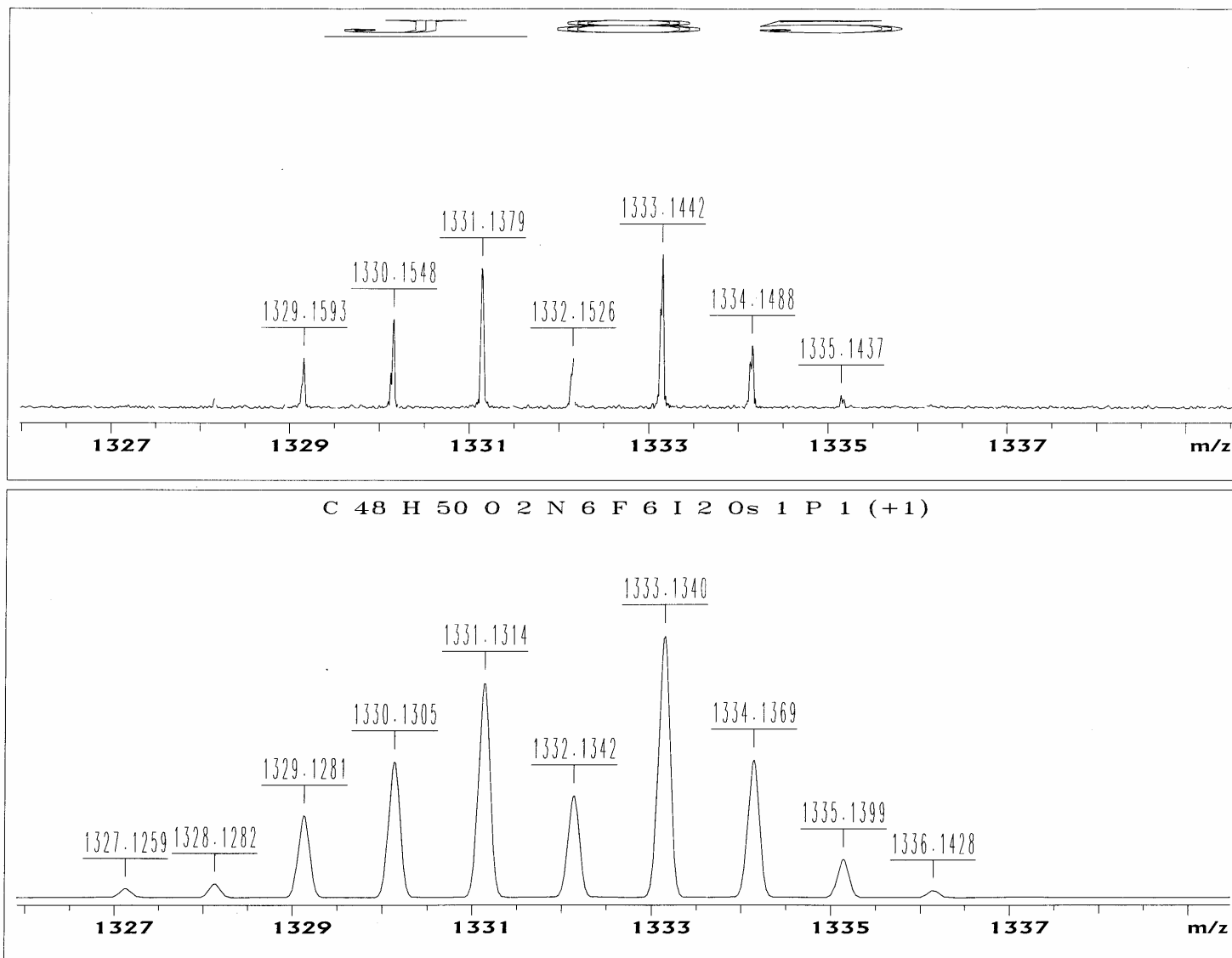


Figure S-7

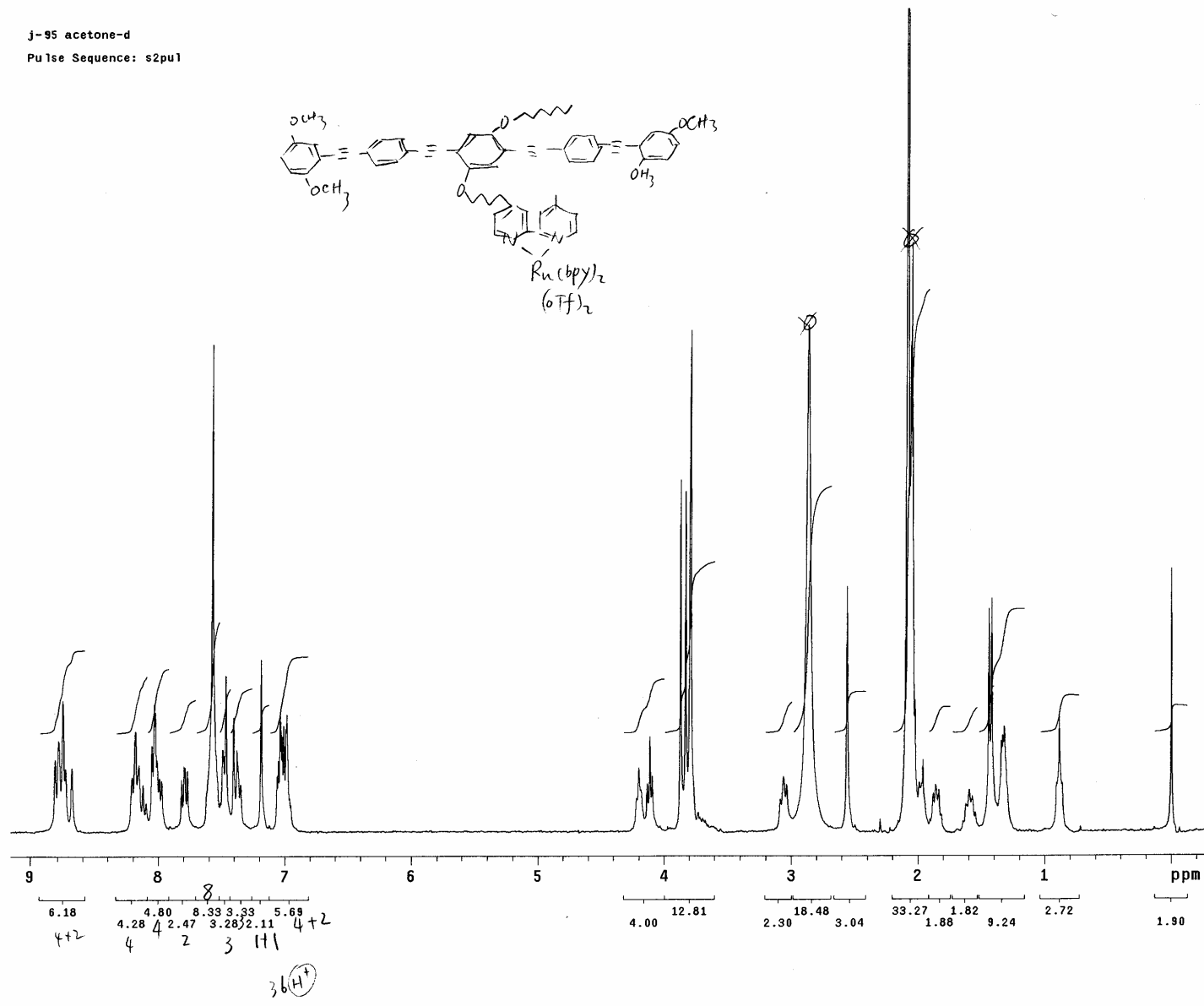


Figure S-8

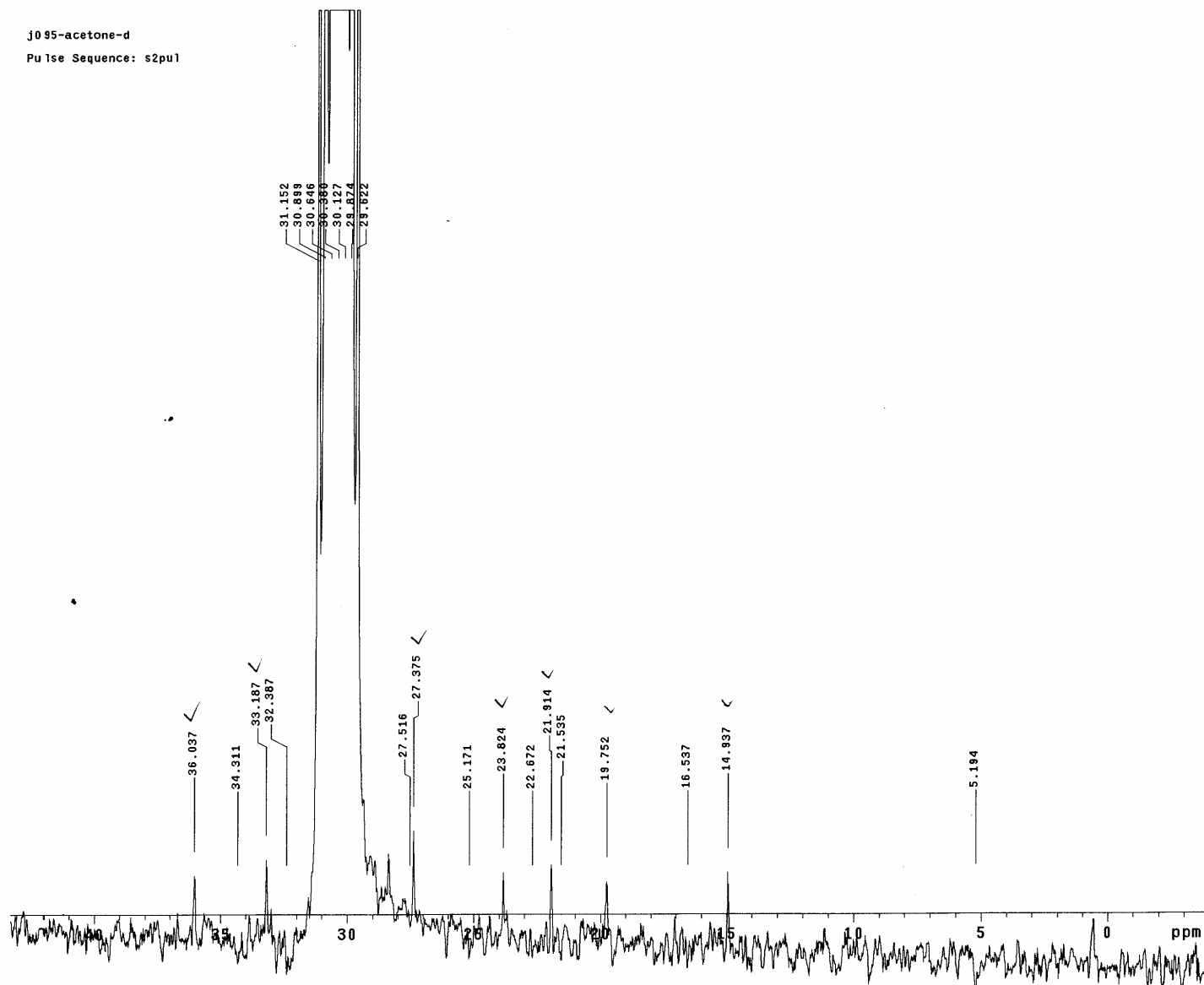


Figure S-9

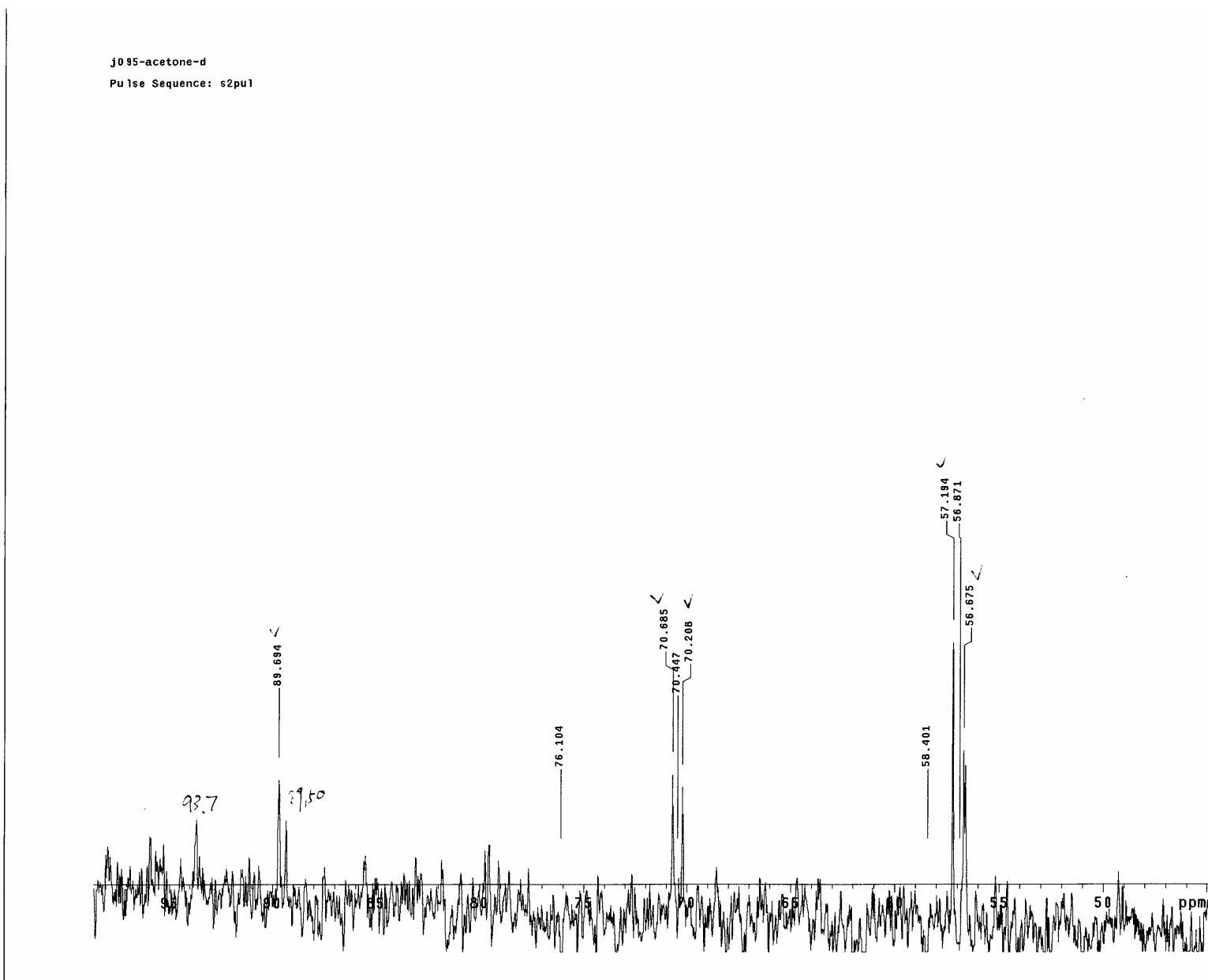


Figure S-10

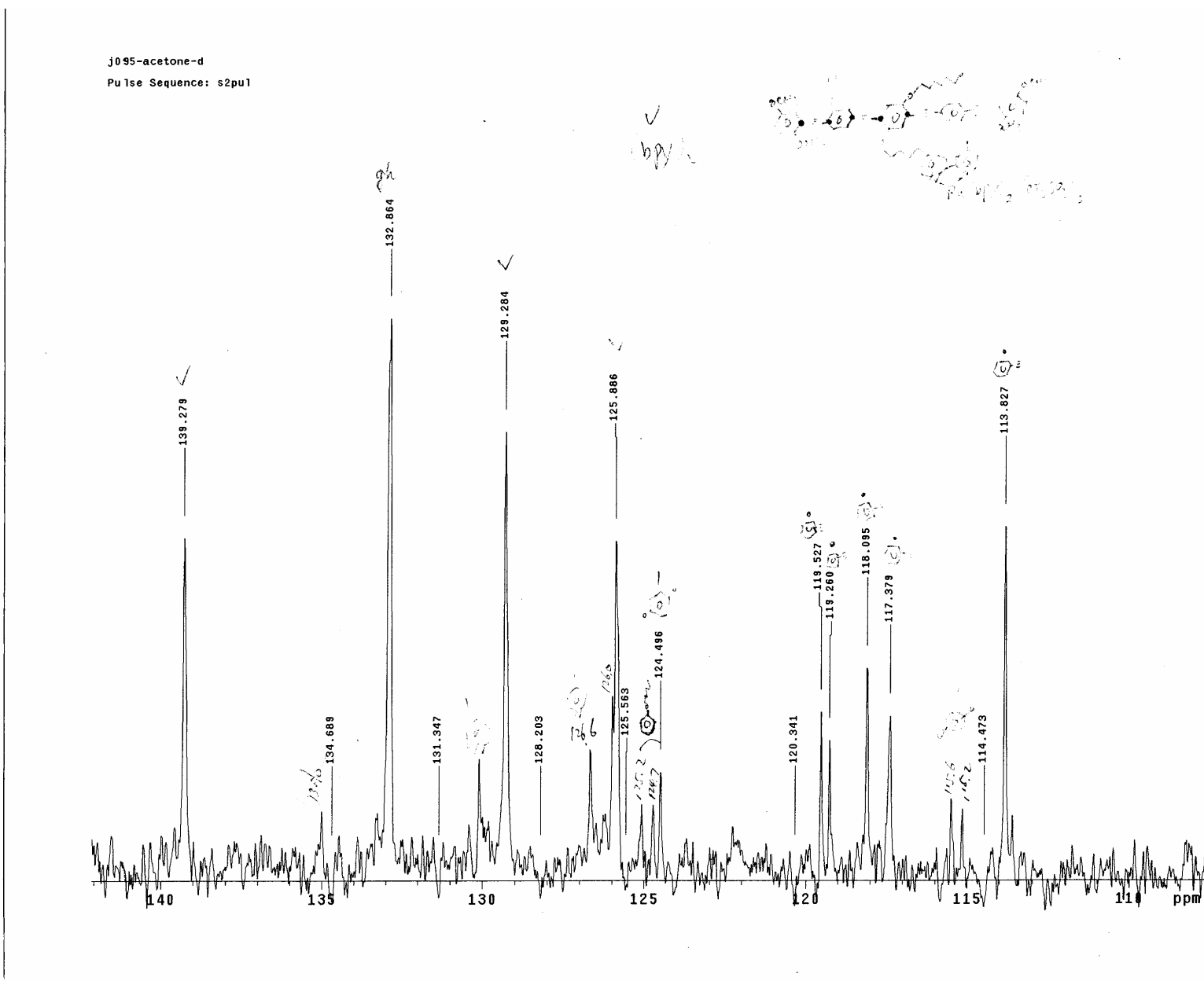


Figure S-11

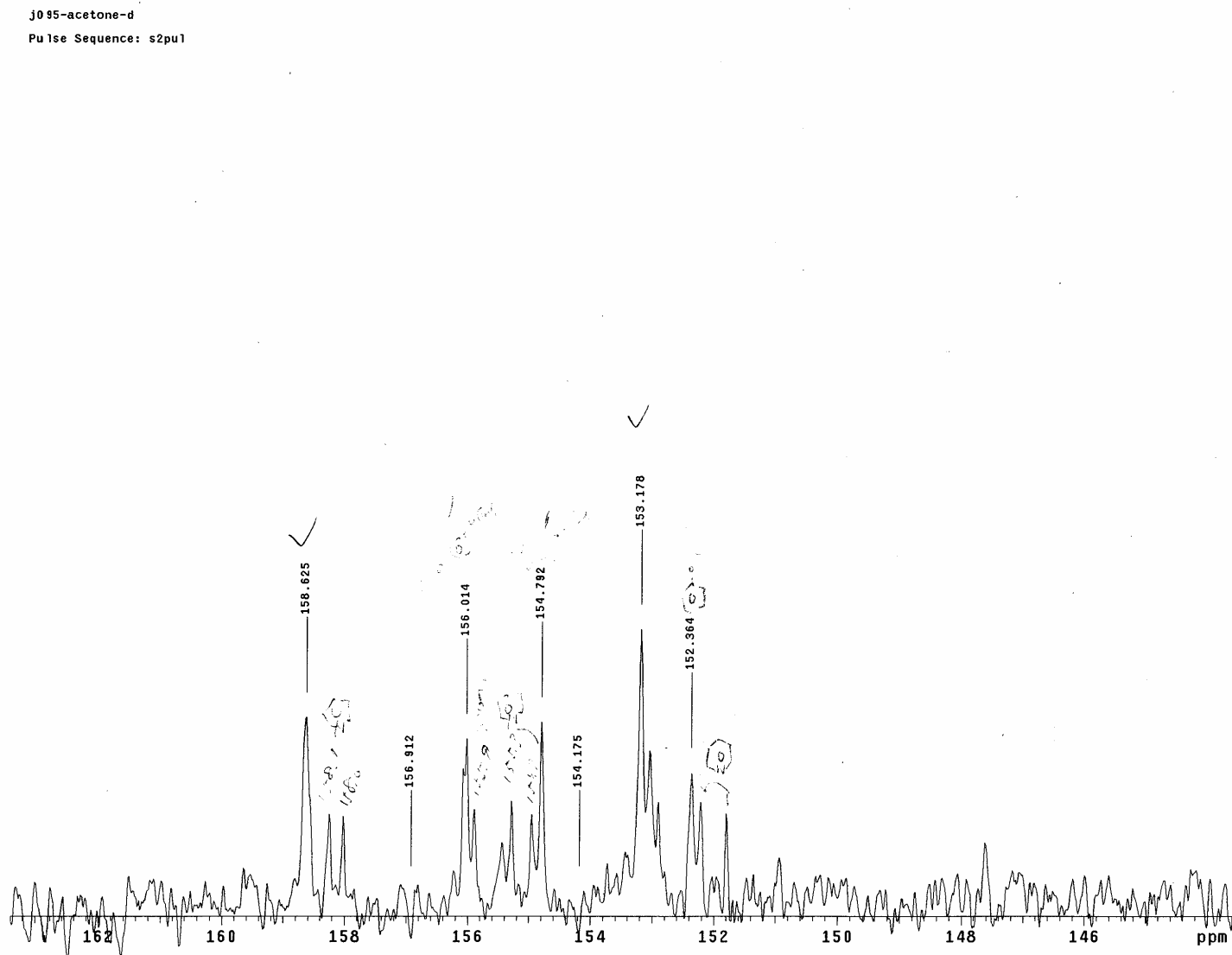


Figure S-12

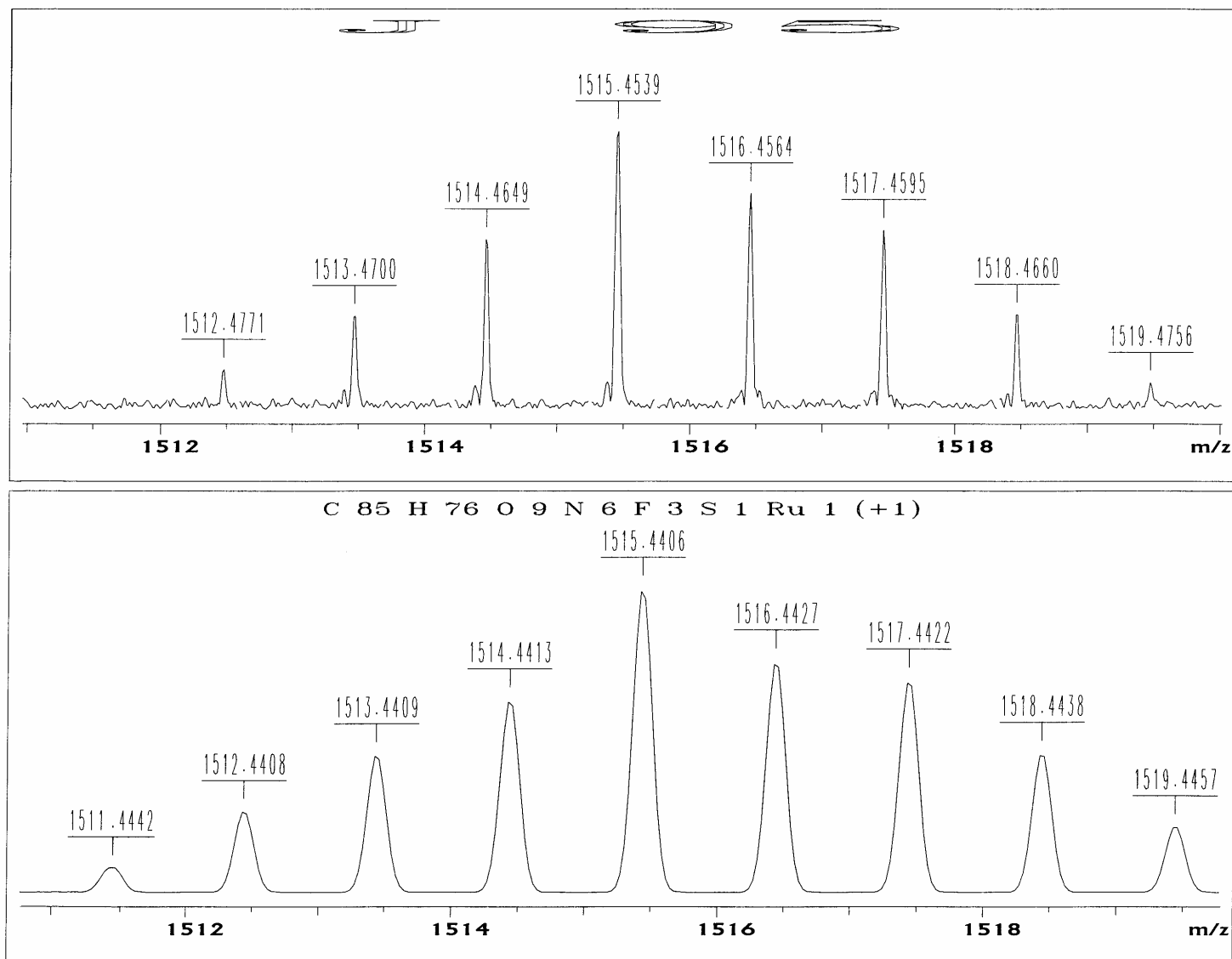


Figure S-13

JII69 in acetone- d_6

H1 standard parameters

Pulse Sequence: s2pu1

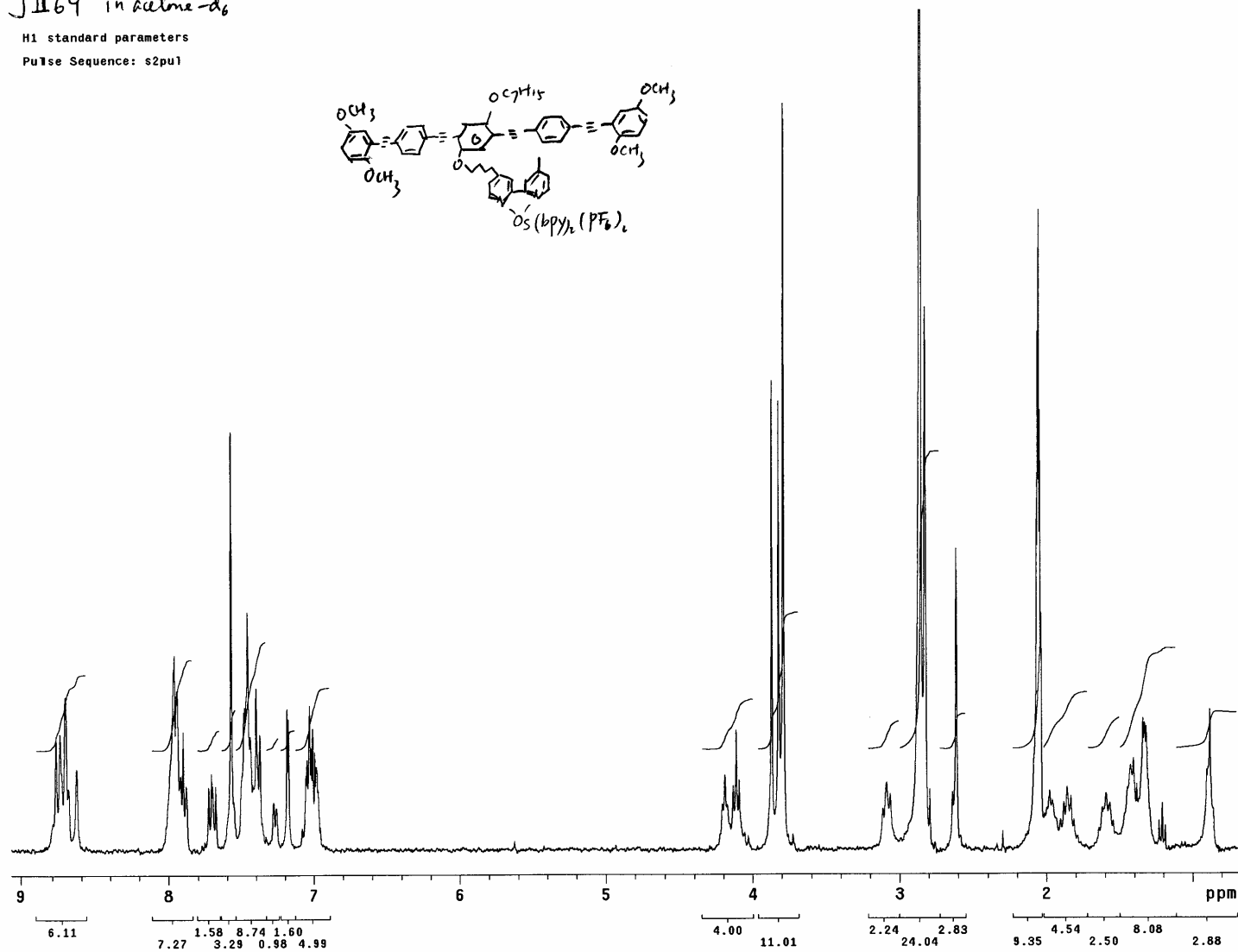
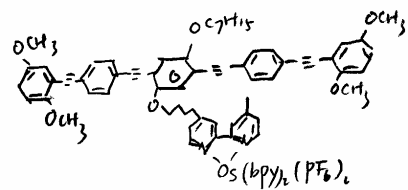


Figure S-14

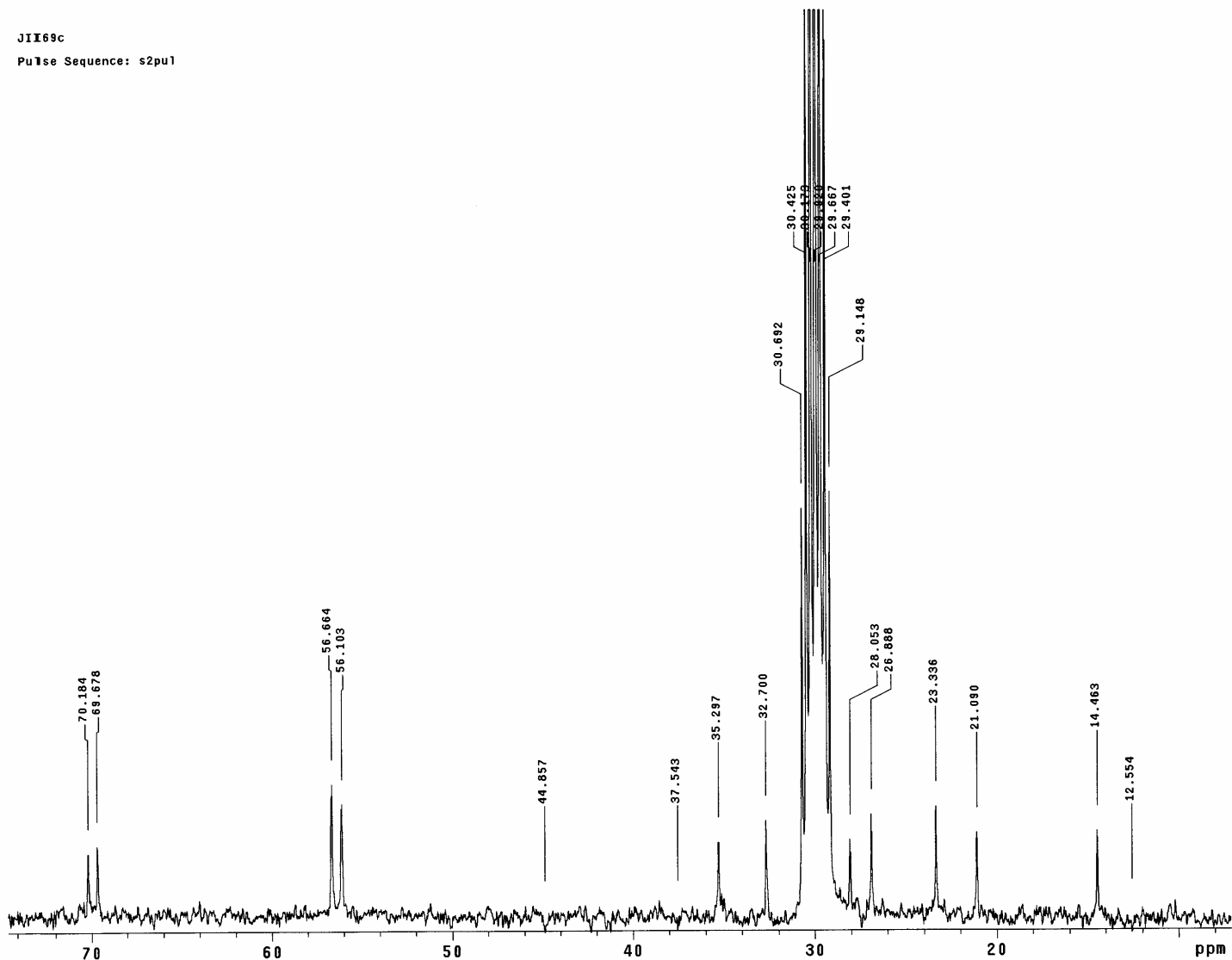


Figure S-15

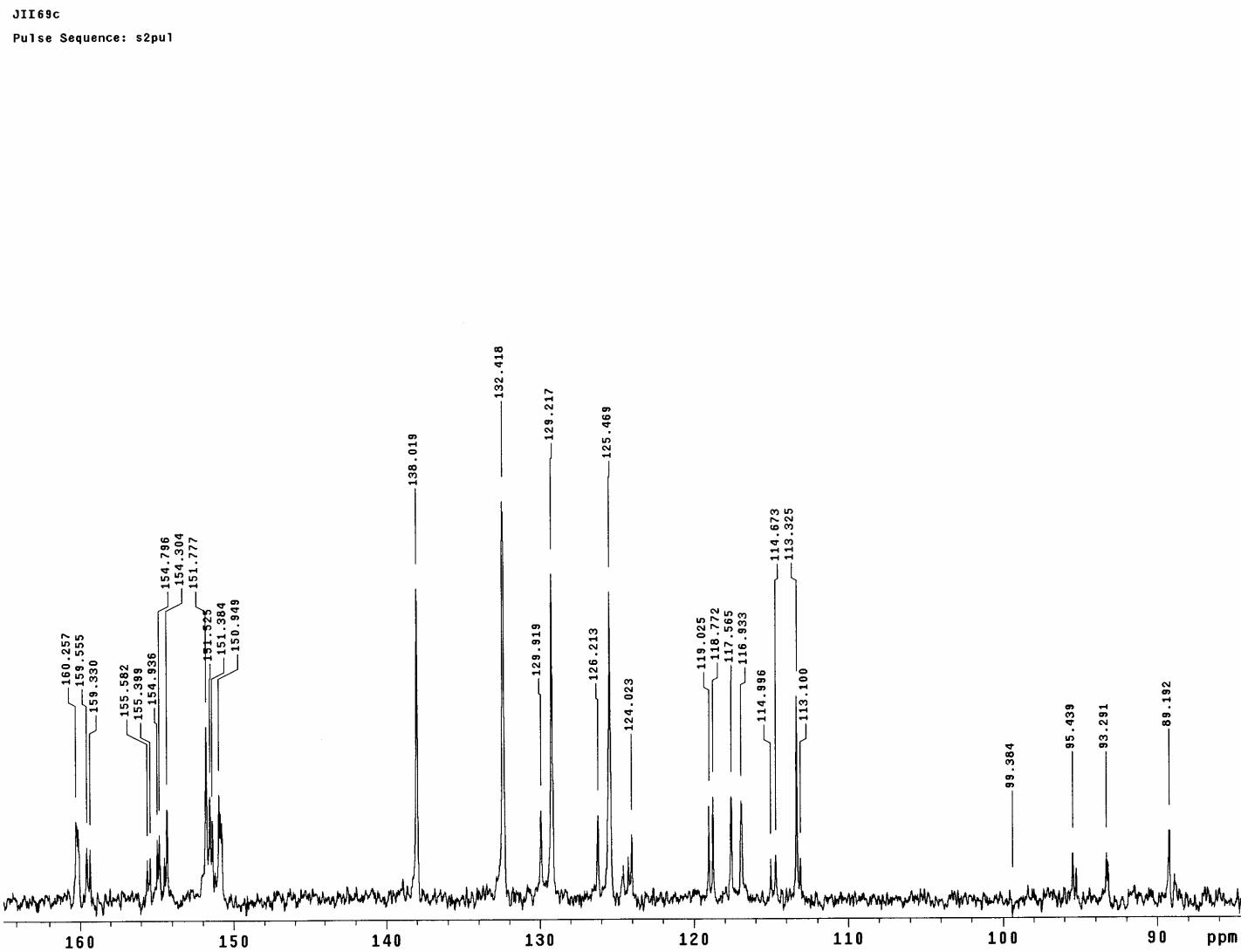
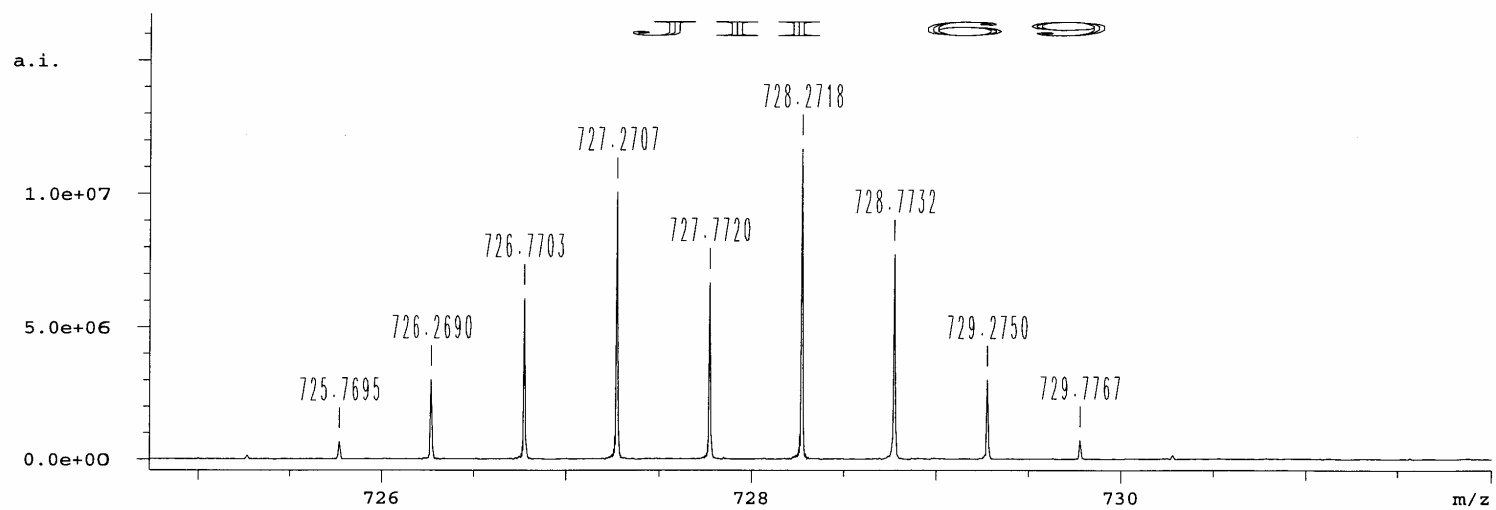
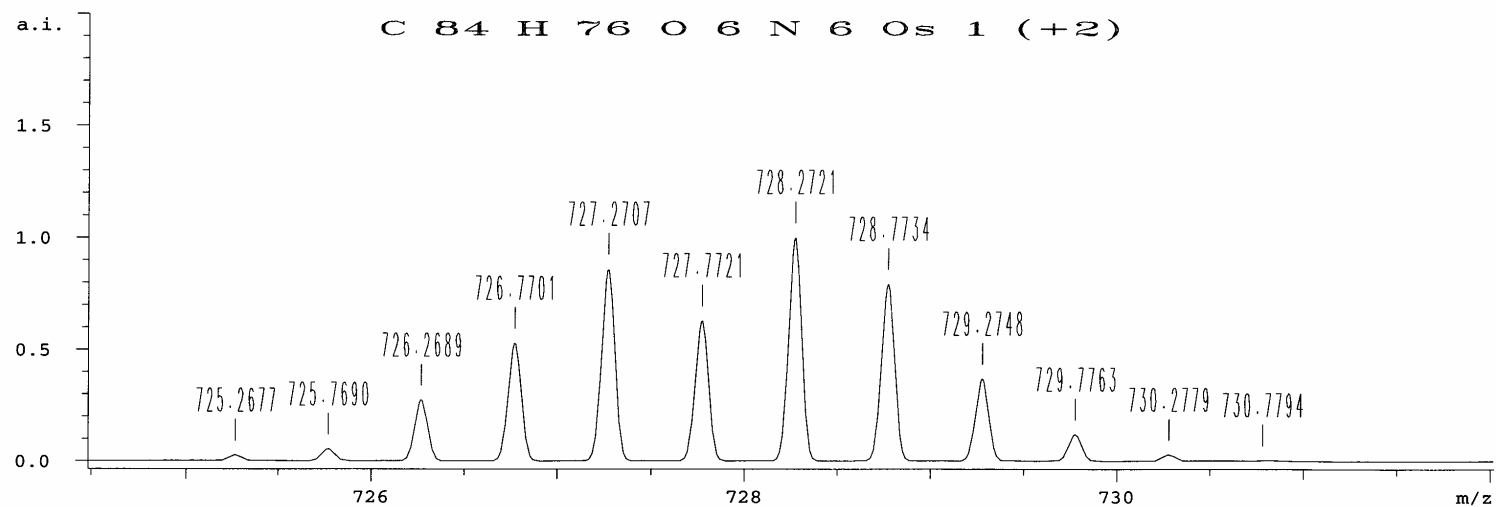


Figure S-16



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Figure S-17

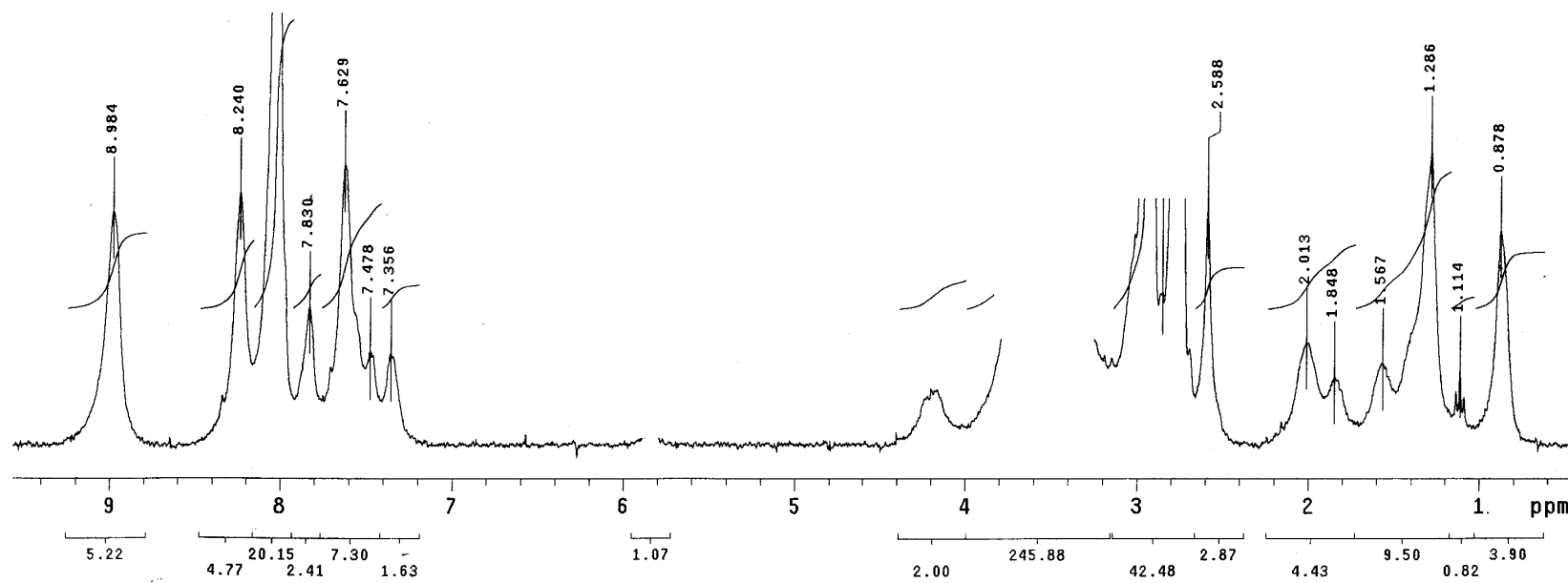


Figure S-18

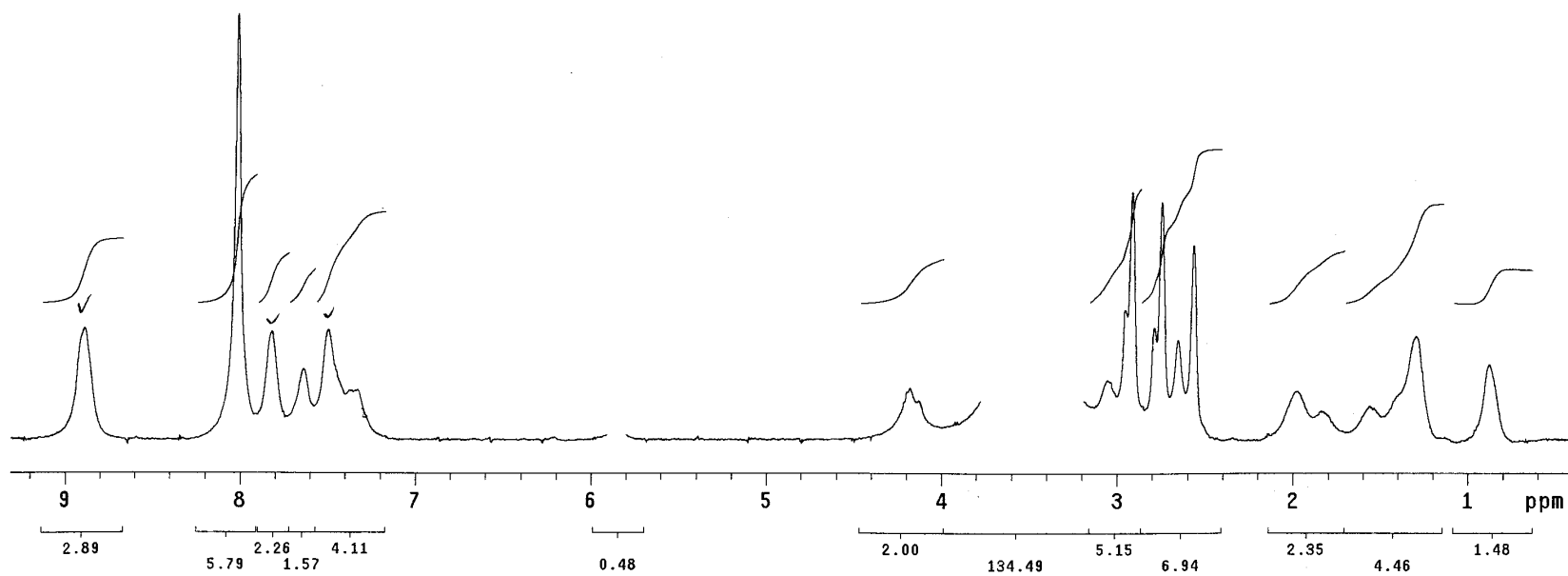


Figure S-19

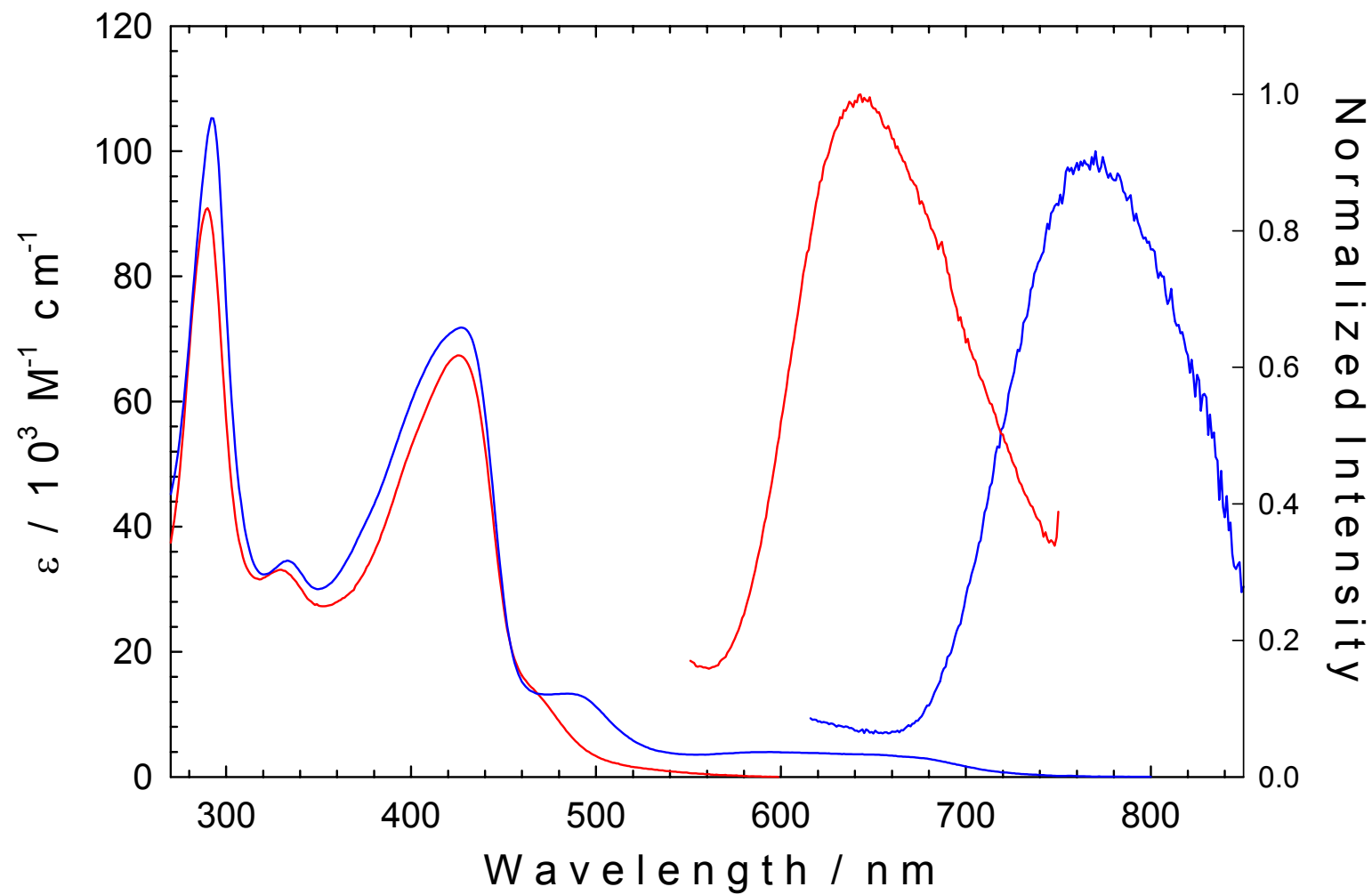


Figure S-20

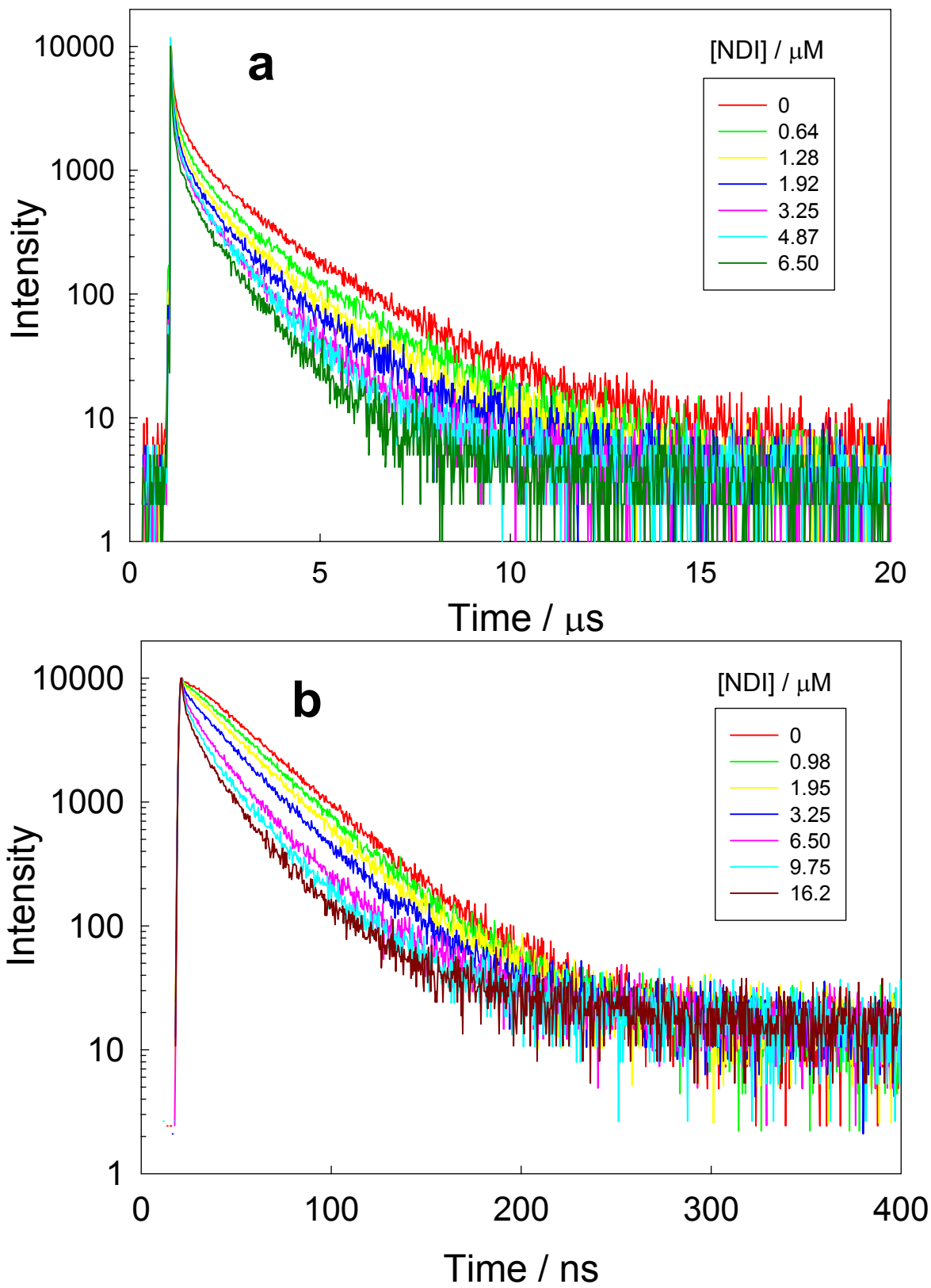


Figure S-21

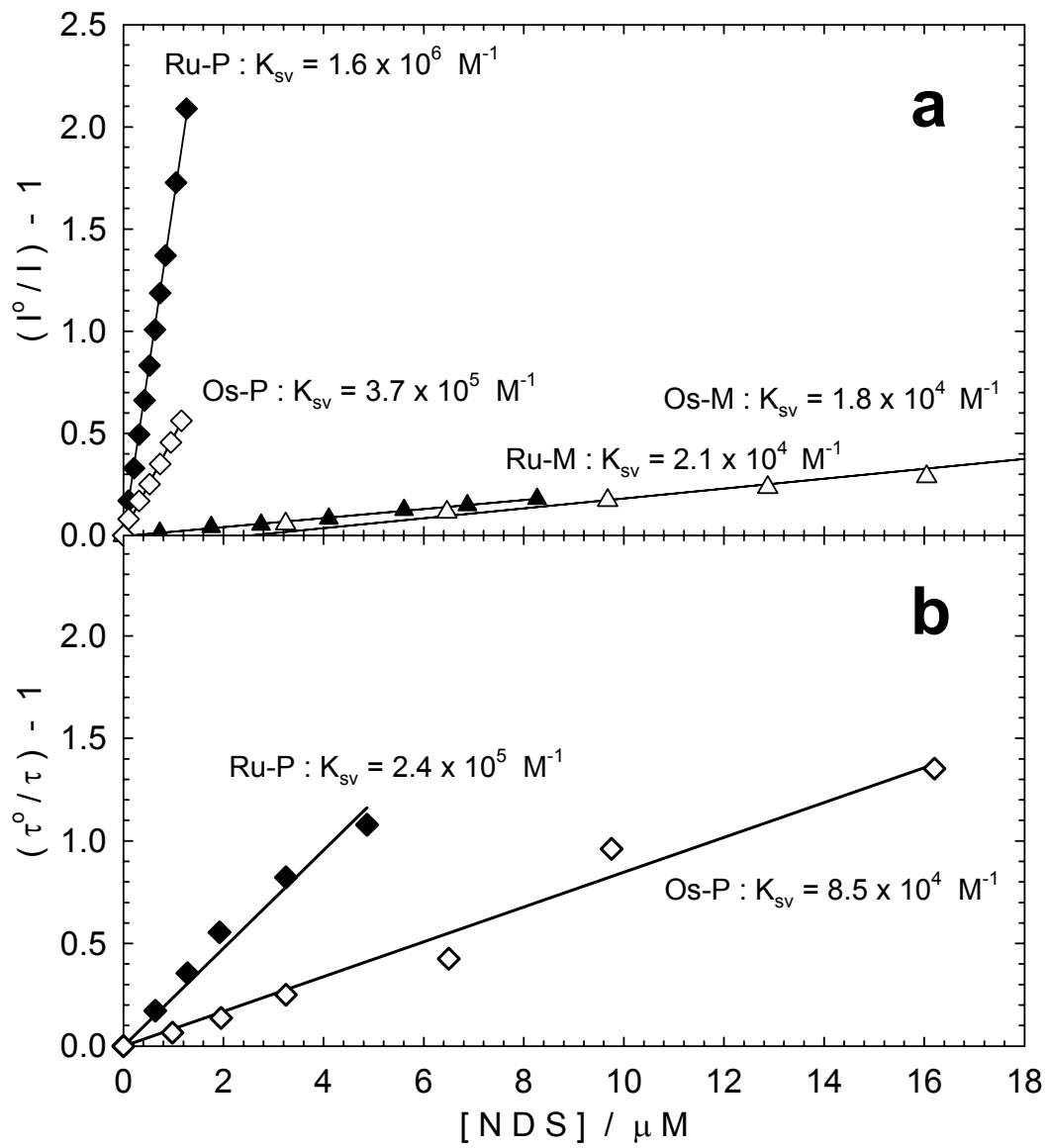


Figure S-22