## Barriers distribution for manifolds driven through disorder

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## Abstract

We consider the low-temperature dynamics of an elastic manifold driven through a random medium. For driving forces well below the T = 0 depinning force, the medium advances via thermally activated hops over the energy barriers separating favorable metastable states. We show that the distribution of waiting times  $\tau$  for these hopping processes scales as a power-law  $\Psi \propto 1/\tau^{1+\alpha}$ . This power-law distribution naturally yields a nonlinear glassy response for the driven medium,  $v \sim \exp(-\text{const} \times F^{-\mu})$ .