(1) If every car and truck in the U.S. were driven 300 miles north and left there, by how much would the length of a day be changed?

Shifting mass m northward by a small distance s on a sphere of radius r reduces its moment of inertia about the sphere's axis by  $2msr\sin\theta\cos\theta$ , where  $\theta$  is the latitude. Over most of the U.S.  $\sin\theta\cos\theta$  is close to 1/2. For the moment of inertia of the Earth I'll use that of a uniform sphere of mass M,  $0.4 Mr^2$ . The fractional change resulting from the shift of mass is therefore 5ms/2Mr. I estimate m as  $1.5 \times 10^{11}$  kg ( $10^8$  vehicles averaging 1.5 tons each). Then with  $M = 6 \times 10^{24}$  kg and s/r = 300/4000 = 0.075, the fractional decrease in moment of inertia is  $5 \times 10^{-15}$ . That will shorten the day by about 0.4 nanoseconds.