## Math 241B

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Winter 2000-2001

Last quarter we studied the relationship between Ricci curvature and topology. The basic tools were:

1. Volume Comparison
2. Laplacian Comparison
3. Excess Estimate

This quarter we study the relationship between sectional curvature and topology. Our tools will be:

1. Critical Point Theory for Distance Functions
2. Toponogov Comparison

As applications we will have:

1. Generalized Sphere Theorem
2. Soul Theorem
3. Gromov's Betti Number Estimate
4. Homotopy Finiteness Theorem

## 1 Introduction to Critical Point Theory of Distance Functions

Morse Theory is an important tool in differential topology. Suppose $M$ is a manifold and $f: M \rightarrow \mathbb{R}$ is a (smooth) Morse function. When $\nabla f(x)=0$, so $x$ is a critical point, and Hess $f(x)$ has no 0 eigenvalues, the index of $f$ at $x$ is the number of negative eigenvalues of $\operatorname{Hess}_{f}(x)$. Note, when $\operatorname{Hess}_{f}(x)$ has no 0 eigenvalues, we say $\operatorname{Hess}_{f}(x)$ is nondegenerate.

The idea of Morse Theory is to relate the critical points of $f$ to the topology of $M$. For geometric purposes, we will apply Morse Theory to distance functions $\rho_{p}(x)=d(p, x)$. Note that $\rho_{p}$ is not smooth at the cut locus $C_{p} ; \rho_{p}$ is only smooth on $M-\left(\{p\} \cup C_{p}\right)$.

On $M-\left(\{p\} \cup C_{p}\right),\left(\nabla \rho_{p}\right) q$ is the tangent vector to the geodesic connecting $q$ and $p$. At smooth points, $\left|\nabla \rho_{p}\right| \equiv 1$.

In 1977, Grove-Shiohama defined critical points for $\rho_{p}$ so as to prove a generalized sphere theorem.

Definition 1.0.1 A point $q \neq p$ is a critical point of $\rho_{p}$ if for all $v \in T_{q} M$ there is a minimal geodesic $\gamma$ connecting $q$ to $p$ such that $\measuredangle\left(\gamma^{\prime}(0), v\right) \leq \pi / 2$. In this case, $q$ is called a critical point of $p$.

## Remarks

1. If $q$ is not a critical point of $p$ then there is $w \in T_{q} M$ with $\measuredangle\left(w, \gamma^{\prime}(0)\right)<$ $\pi / 2$ for all minimal geodesics $\gamma$ connecting $q$ to $p$. In other words, the tangent vectors of all minimal geodesics $\gamma$ connecting $q$ to $p$ lie in an open half space of $T_{q} M$.
2. If $q \neq p$ is a critical point of $p$ then $q \in C_{p}$.

Example 1.0.1 $M$ a cylinder. The only critical point of $(x, y)$ is $(-x, y)$.
Example 1.0.2 Suppose $\gamma$ is a geodesic loop with length $\ell$. If $\left.\gamma\right|_{[0, \ell / 2]}$ and $\left.\gamma\right|_{\ell \ell / 2, \ell / 2]}$ are minimal then $\gamma(\ell / 2)$ is a critical point of $\gamma(0)$.

Example 1.0.3 If $M$ is compact, $p \in M$ and $q$ a furthest point to $p$ then $q$ is a critical point of $p$. This result is a consequence of the following lemma:

Lemma 1.0.1 (Isotopy Lemma) If $r_{1}<r_{2} \leq \infty$, and if $B\left(p, r_{1}\right)-B\left(p, r_{2}\right)$ is free of critical points of $p$, then the region is homeomorphic to $\partial B\left(p, r_{1}\right) \times$ $\left[r_{1}, r_{2}\right]$.

Hence no critical points implies no change in topology.
Proof If $x$ is not a critical point of $p$ there is $w_{x} \in T_{x} M$ such that $\measuredangle\left(w_{x}, \gamma^{\prime}(0)\right)<\pi / 2$ for all minimal geodesics $\gamma$ connecting $x$ to $p$. Extend $w_{x}$ to a vector field defined in a neighborhood $U_{x}$ of $x$ so that

$$
\measuredangle\left(w_{x}(y), \gamma^{\prime}(0)\right)<\pi / 2
$$

for all minimal geodesics connecting $y$ to $p$.
Since $\overline{B\left(p, r_{2}\right)}-B\left(p, r_{1}\right)$ is paracompact, we may choose a locally finite covering $U_{x_{i}}$ of $\overline{B\left(p, r_{2}\right)}-B\left(p, r_{1}\right)$ consisting of open sets $U_{x}$ as above.

Let $\sum \phi_{i} \equiv 1$ be a partition of unity subordinate to $\left\{U_{x_{i}}\right\}$. Set

$$
W=\sum \phi_{i} w_{x_{i}}
$$

Then $W$ is nonvanishing. Let $\psi_{x}(t)$ be the integral curve of $W$ passing through $x$. Now

$$
\rho_{p}\left(\psi_{x}\left(t_{2}\right)\right)-\rho_{p}\left(\psi_{x}\left(t_{1}\right)\right)=\int_{t_{1}}^{t_{2}} \frac{d}{d t}\left(\rho_{p}\left(\psi_{x}(t)\right)\right) d t
$$

Connect $\psi_{x}(t)$ to $p$ by a minimal geodesic $\sigma_{t}(s)$. The first variation formula is

$$
\frac{d}{d t} L(s, t)=\left.\left\langle v(s), \sigma_{t}^{\prime}(s)\right\rangle\right|_{0} ^{s_{1}}-\int_{0}^{s_{1}}\left\langle\nabla \sigma_{t}^{\prime}(s), v(s)\right\rangle d s
$$

Since $\sigma_{t}$ is a geodesic, $\nabla \sigma_{t}^{\prime}=0$. Thus

$$
\begin{aligned}
\rho_{p}\left(\psi_{x}\left(t_{2}\right)\right)-\rho_{p}\left(\psi_{x}\left(t_{1}\right)\right) & =-\int_{t_{1}}^{t_{2}} \cos \measuredangle\left(w_{x}\left(\psi_{x}(t)\right), \sigma_{t}^{\prime}(0)\right) d t \\
& \leq-\cos (\pi / 2-\epsilon)\left(t_{2}-t_{1}\right) .
\end{aligned}
$$

Thus $\rho_{p}$ is strictly decreasing as $t$ increases along the integral curves of $W$, so the integral flow gives the homeomorphism

$$
\partial B\left(p, r_{1}\right) \times\left[r_{1}, r_{2}\right] \rightarrow B\left(p, r_{1}\right)-B\left(p, r_{2}\right)
$$

by $\varphi(x, t)=\psi_{x}\left(t_{x}\right)$, where $t_{x}$ is chosen appropriately.

## 2 Toponogov Comparison Theorem

Definition 2.0.2 $\left\{\gamma_{0}, \gamma_{1}, \gamma_{2}\right\}$ is called a geodesic triangle in $M$ if each $\gamma_{i}$ is a normalized geodesic and $\gamma_{i}\left(\ell_{i}\right)=\gamma_{i+1}(0)$, where $\ell_{i}=\ell\left(\gamma_{i}\right)$. Set $\alpha_{i}=$ $\measuredangle\left(\gamma_{i-1}^{\prime}(0), \gamma_{i+1}^{\prime}(0)\right)$, so each $\alpha_{i}$ is the interior angle opposite $\gamma_{i}$. Any pair of edges with a common vertex is called a hinge.

The Toponogov Comparison Theorem has equivalent versions; there is the angle comparison and the hinge comparison (See also Burago-GromovPerelman, 'Alexandrov Spaces with Curvature Bounded Below,' 1992).

Theorem 2.0.1 (Toponogov Comparison Theorem 1959) Suppose $M^{n}$ is complete with $K_{M} \geq H$.

Angle Version Suppose $\left\{\gamma_{0}, \gamma_{1}, \gamma_{2}\right\}$ is a geodesic triangle in $M^{n}$. Assume $\gamma_{0}, \gamma_{2}$ are minimal and $\ell_{1}+\ell_{2} \geq \ell_{0}$. If $H>0$ assume $\ell_{0} \leq \pi / \sqrt{H}$. There is a geodesic triangle $\left\{\overline{\gamma_{0}}, \overline{\gamma_{1}}, \overline{\gamma_{2}}\right\}$ in the model space $M_{H}^{2}$ such that each $\overline{\gamma_{i}}$ is minimal and $\ell\left(\overline{\gamma_{i}}\right)=\ell\left(\gamma_{i}\right)$. Moreover, $\overline{\alpha_{1}} \leq \alpha_{1}$ and $\overline{\alpha_{2}} \leq \alpha_{2}$.
Note If we assume that each $\gamma_{i}$ is minimal we have $\overline{\alpha_{i}} \leq \alpha_{i}$ for all $i$.
Hinge Version Suppose we have a hinge $\left\{\gamma_{0}, \gamma_{2}\right\}$ with angle $\alpha_{1}$. Assume $\gamma_{2}$ is minimal and, if $H>0$, that $\ell\left(\gamma_{0}\right) \leq \pi / \sqrt{H}$. Then there is a hinge $\left\{\bar{\gamma}_{0}, \bar{\gamma}_{2}\right\}$ in $M_{H}^{2}$ with $\ell\left(\bar{\gamma}_{i}\right)=\ell\left(\gamma_{i}\right)$ and angle $\alpha_{1}$. Moreover,

$$
d\left(\overline{\gamma_{0}}\left(\ell_{0}\right), \overline{\gamma_{2}}(0)\right) \geq d\left(\gamma_{0}\left(\ell_{0}\right), \gamma_{2}(0)\right)
$$

## Remarks

1. When all edges lie inside the injectivity radius of the vertices, the result holds by the Rauch Comparison Theorem. But Toponogov holds globally, so it is a sectional curvature analogue to Volume Comparison.
2. If $K_{M} \leq H$ we only have a local version. Consider $T^{2}$ with $K \equiv 0$.

Proof We first show that such triangles exist in the model space; we can create such hinges. To construct such a triangle, let $\overline{\gamma_{0}}$ be a minimal geodesic with $\ell(\bar{\gamma})=\ell\left(\gamma_{0}\right)$. Consider the sets $\partial B\left(\overline{\gamma_{0}}(0), \ell_{2}\right)$ and $\partial B\left(\overline{\gamma_{0}}\left(\ell_{0}\right), \ell_{1}\right)$. These sets intersect since $\ell_{1}+\ell_{2} \geq \ell_{0}$. Connect any point in their intersection to $\overline{\gamma_{0}}(0)$ and $\overline{\gamma_{0}}\left(\ell_{0}\right)$ with minimal geodesics.

We next show the equivalence of the versions.

Lemma 2.0.2 If $\left\{\gamma_{0}, \gamma_{2}\right\}$ is a hinge in $M_{H}^{2}$, with $\gamma_{0}$ and $\gamma_{2}$ minimal, then if $\ell\left(\gamma_{0}\right)$ and $\ell\left(\gamma_{2}\right)$ are fixed while $\alpha_{1}$ varies then $d\left(\gamma_{0}\left(\ell_{0}\right), \gamma_{2}(0)\right)$ is strictly increasing.

This lemma follows from the cosine law in the model space.
Lemma 2.0.3 (Cosine Law) ) If $\left\{\gamma_{0}, \gamma_{1}, \gamma_{2}\right\}$ is a geodesics triangle in $M_{H}^{2}$ with each $\gamma_{i}$ minimal, then

$$
\cos \sqrt{H} \ell_{2}=\cos \sqrt{H} \ell_{0} \cos \sqrt{H} \ell_{1}+\sin \sqrt{H} \ell_{0} \sin \sqrt{H} \ell_{1} \cos \alpha_{2}
$$

In particular,

$$
\begin{aligned}
H=0 & \Rightarrow \ell_{2}^{2}=\ell_{0}^{2}+\ell_{1}^{2}-2 \ell_{0} \ell_{1} \cos \alpha_{2} \\
H=-1 & \Rightarrow \cosh \ell_{2}=\cosh \ell_{0} \cosh \ell_{1}-\sinh \ell_{0} \sinh \ell_{1} \cos \alpha_{2} \\
H=1 & \Rightarrow \cos \ell_{2}=\cos \ell_{0} \cos \ell_{1}+\sin \ell_{0} \sin \ell_{1} \cos \alpha_{2} .
\end{aligned}
$$

Note that the Cosine law implies that $\ell_{2}$ is an increasing function of $\alpha_{2}$.
Proof Let $p=\gamma_{0}\left(\ell_{0}\right)$. Consider the distance function $\rho_{p} \circ \sigma(t)$. We will use a modified distance function. Set

$$
\operatorname{md}_{H}(r)= \begin{cases}r^{2} / 2 & \text { if } H=0 \\ 1-\cos r & \text { if } H=1 \\ \cosh r-1 & \text { if } H=-1\end{cases}
$$

Locally, these functions are $r^{2} / 2$.
In general, let $s_{H}$ and $c_{H}$ be solutions of

$$
f^{\prime \prime}+H f=0
$$

with $s_{H}(0)=0, c_{H}(0)=1, s_{H}^{\prime}(0)=1$ and $c_{H}^{\prime}(0)=0$. For $H>0$,

$$
s_{H}=\frac{\sin \sqrt{H} t}{\sqrt{H}} \text { and } c_{H}=\cos \sqrt{H} t
$$

Then

$$
\begin{aligned}
m d_{H}(r) & =\int_{0}^{r} s_{H}(t) d t \\
& =\left(1-c_{H}\right) / H
\end{aligned}
$$

In $M_{H}^{n}$, Hess $\rho_{p}$ has matrix

$$
\left(\begin{array}{cccc}
0 & 0 & 0 & 0 \\
0 & c_{H} / s_{H} & 0 & 0 \\
0 & 0 & \ddots & 0 \\
0 & 0 & 0 & c_{H} / s_{H}
\end{array}\right)
$$

with respect to the basis $\left\{N, \partial / \partial \theta_{i}\right\}$.
Claim The eigenvalues of the Hessian of $m d_{H} \circ \rho_{p}$ in $M_{H}^{n}$ are identical.
We have

$$
\begin{aligned}
\nabla m d_{M} \circ \rho & =s_{H}(\rho) \nabla \rho \\
& =s_{H}(\rho) N,
\end{aligned}
$$

so

$$
\begin{aligned}
\operatorname{Hess}\left(m d_{H} \circ \rho\right) & =s_{H}(\rho) \operatorname{Hess} \rho+c_{H}(\rho) N \otimes N \\
& =c_{H}(\rho) I d .
\end{aligned}
$$

In the above, we used that

$$
\nabla(h \circ f)=h^{\prime}(f) \nabla f
$$

so

$$
\text { Hess }(h \circ f)=h^{\prime \prime}(f) \nabla f \otimes \nabla f+h^{\prime}(f) \text { Hess } f .
$$

Now $\rho \circ \sigma(t)$ gives the distance along $\sigma(t)$. Set $\varphi(t)=m d_{H} \circ \rho \circ \sigma(t)$. Since $\sigma(t)$ is normalized,

$$
\begin{aligned}
\varphi^{\prime \prime}(t) & =\operatorname{Hess}\left(m d_{H} \circ \rho\right)\left(\sigma^{\prime}(t), \sigma^{\prime}(t)\right) \\
& =c_{H}(\rho \circ \sigma(t)) \\
& =1-H \varphi
\end{aligned}
$$

Thus $\varphi^{\prime \prime}+H \varphi=1$. Let $\sigma=\gamma_{2}$ and $p=\gamma_{0}\left(\ell_{0}\right)$. Then

$$
\varphi(0)=m d_{H}\left(\ell_{1}\right)= \begin{cases}\ell_{1}^{2} / 2, & H=0 \\ 1-\cos \ell_{1}, & H=1 \\ \cosh \ell_{1}-1, & H=-1\end{cases}
$$

and

$$
\begin{aligned}
\varphi^{\prime}(0) & =\left\langle\nabla m d_{H} \circ \rho, \gamma_{2}^{\prime}(0)\right\rangle \\
& =\gamma_{2}^{\prime}(0)\left(m d_{H} \circ \rho\right) \\
& =s_{H} \cos \left(\pi-\alpha_{0}\right) \\
& =-s_{H} \cos \alpha_{0} .
\end{aligned}
$$

When $H=0, \varphi^{\prime \prime}(t)=1$. Integrating both sides gives

$$
\begin{aligned}
\varphi(t) & =\varphi(0)+\varphi^{\prime}(0) t+(1 / 2) t^{2} \\
& =(1 / 2) \ell_{1}^{2}-\ell_{1} \cos \alpha_{0} t+(1 / 2) t^{2}
\end{aligned}
$$

whence

$$
(1 / 2) \ell_{0}^{2}=\varphi\left(\ell_{2}\right)=(1 / 2) \ell_{1}^{2}-\ell_{1} \cos \alpha_{0} \ell_{2}+(1 / 2) \ell_{2}^{2}
$$

Similarly for $H=-1$ and $H=1$.
By the lemmas, the versions of Toponogov are equivalent. We give a proof of the hinge version. The proof uses an estimate for the Hessian of the distance function $\rho$. For Ricci curvature, we considered $\Delta \rho$. The integral version of the Laplacian comparison implied the volume comparison. For sectional curvature, we consider Hess $\rho$. The integral version of the Hessian comparison will imply the Toponogov comparison.

We give an estimate on the Hessian of distance functions.

$$
\begin{aligned}
\operatorname{Hess}\left(\rho_{p}\right)(X, Y) & =\left\langle\nabla_{X} \operatorname{grad} \rho, Y\right\rangle \\
& =\left\langle\nabla_{X} N, Y\right\rangle
\end{aligned}
$$

Let $S(X)=\nabla_{X} N$; this is the Hessian of $\rho$ as a linear operator. $S$ is called the shape operator, or the second fundamental form of the geodesic sphere. Let $R_{N}(X)=R(X, N) N$ be the curvature tensor in $N$. Then Hess $\rho_{p}$ satisfies the following Riccati equation.

Lemma 2.0.4 $S$ satisfies $S^{\prime}=\nabla_{N} S=-R_{N}-S^{2}$.
Proof We show true for every $X$.

$$
\begin{aligned}
R_{N}(X) & =R(X, N) N \\
& =\nabla_{X} \nabla_{N} N-\nabla_{N} \nabla_{X} N-\nabla_{[X, N]} N \\
& =-\nabla_{N} \nabla_{X} N-\nabla_{\nabla_{X} N} N+\nabla_{\nabla_{N} X} N
\end{aligned}
$$

while $\nabla_{\nabla_{X} N} N=S^{2}(X)$ and

$$
\begin{aligned}
\left(\nabla_{N} S\right) X & =\nabla_{N}(S(X))-S\left(\nabla_{N} X\right) \\
& =\nabla_{N}\left(\nabla_{X} N\right)-\nabla_{\nabla_{N} X} N
\end{aligned}
$$

Remark By taking traces we obtain $M^{\prime}=-$ Ric $-\|$ Hess $\rho \|^{2}$.
Proof of Toponogov Theorem (Hinge Version) Let $\left\{\gamma_{0}, \gamma_{1}, \alpha_{2}\right\}$ be a hinge in $M^{n}$, and let $\left\{\bar{\gamma}_{0}, \bar{\gamma}_{1}, \alpha_{2}\right\}$ be a corresponding hinge in $M_{H}^{n}$. Consider

$$
\begin{aligned}
\varphi(t) & =m d_{H} \circ \rho_{p} \circ \gamma_{1}(t) \\
\bar{\varphi}(t) & =m d_{H} \circ \bar{\rho}_{\bar{p}} \circ \bar{\gamma}_{1}(t)
\end{aligned}
$$

Then $\bar{\varphi}^{\prime \prime}(t)+H \bar{\varphi}(t)=1$, while

$$
\begin{aligned}
\varphi^{\prime \prime}(t) & =\operatorname{Hess}\left(m d_{H} \circ \rho_{p}\right)\left(\gamma_{1}^{\prime}(t), \gamma_{1}^{\prime}(t)\right) \\
& \leq c_{H}=1-H \varphi(t)
\end{aligned}
$$

Thus $\varphi^{\prime \prime}(t)+H \varphi(t) \leq 1$. Since $m d_{H}$ is increasing, we want to show that $\bar{\varphi}\left(\ell_{1}\right) \geq \varphi\left(\ell_{1}\right)$.

We have $\bar{\varphi}(0)=m d_{H}\left(\ell_{0}\right)=\varphi(0)$ and

$$
\begin{aligned}
\bar{\varphi}^{\prime}(0) & =\left\langle\operatorname{grad}\left(m d_{H}\right) \circ \rho, \gamma_{1}^{\prime}(0)\right\rangle \\
& =s_{H}\left\langle\gamma_{0}^{\prime}\left(\ell_{0}\right), \gamma_{1}^{\prime}(0)\right\rangle \\
& =s_{H} \cos \left(\pi \cdot \alpha_{2}\right) \\
& =\varphi^{\prime}(0)
\end{aligned}
$$

Let $\psi(t)=\bar{\varphi}(t)-\varphi(t)$. Then $\psi^{\prime \prime}(t)+H \psi(t) \geq 0$ in the support sense. Also, $\psi(0)=0$ and $\psi^{\prime}(0)=0$. We want to show that $\psi\left(\ell_{1}\right) \geq 0$.

At smooth points,

$$
\begin{gathered}
H=0: \psi^{\prime \prime}(t) \geq 0 \Rightarrow \psi(t) \geq 0 \\
H=-1: \psi^{\prime \prime}(t) \geq \psi(t) \Rightarrow \psi(t) \geq 0 \text { for } t>0 .
\end{gathered}
$$

At non-smooth points, we use support. In this case, by continuity, we may assume $\psi(0) \geq \varepsilon>0$ and $\psi^{\prime}(0) \geq \delta>0$.

If $H=1, \psi^{\prime \prime}(t) \geq-\psi(t)$. Compare with $\zeta^{\prime \prime}(t)=-(1+\eta) \zeta(t), \eta>0$. If $\zeta>0$, we have $\psi(t) \geq \zeta(t)$ by the Sturm-Liouville Comparison.

Note that

$$
\begin{aligned}
\zeta(t) & =\left(\frac{\delta}{\sqrt{1+\eta}}\right) \sin (t \sqrt{1+\eta})+\varepsilon \cos (t \sqrt{1+\eta}) \\
& =\left(\sqrt{\frac{\delta^{2}}{1+\eta}+\varepsilon^{2}}\right) \sin \left(t \sqrt{1+\eta}+\arctan \left(\frac{\varepsilon \sqrt{1+\eta}}{\delta}\right)\right)
\end{aligned}
$$

Thus $\zeta(t)>0$ if

$$
t<\frac{\left(\pi-\arctan \left(\frac{\varepsilon \sqrt{1+\eta}}{\delta}\right)\right)}{\sqrt{1+\eta}} .
$$

By continuity, $\zeta(t)>0$ if $t<\pi$. In this case, $\zeta(t) \geq 0$ for $t \leq \pi$, which proves the result.

## 3 Main Results

### 3.1 Sphere Theorem

Theorem 3.1.1 (Rauch-Berger-Klingenberg ( $\frac{1}{4}$ )-pinching sphere theorem) If $M$ is simply connected and $1 \leq K_{M}<4$ then $M^{n}$ is homeomorphic to $S^{n}$.

By Klingenberg's injectivity radius estimate, the $\left(\frac{1}{4}\right)$-pinching sphere theorem follows from the diameter sphere theorem.

Theorem 3.1.2 (Klingenberg 1961) If $M^{n}$ is simply connected and $1 \leq$ $K_{M}<4$ then $\operatorname{inj}(M)>\pi / 2^{1}$.

Theorem 3.1.3 (Diameter Sphere Theorem (Grove-Shiohama 1977)) If $M^{n}$ has $K_{M} \geq 1$ and $\operatorname{diam}(M)>\pi / 2$ then $M^{n} \stackrel{\text { homeo }}{\simeq} S^{n}$.

Proof Note that $M$ is compact by Bonnet-Myers Theorem. Let $p, q \in M^{n}$ with $d(p, q)=\operatorname{diam}(M)$.

Claim If $x \neq p, q$ then $x$ is not a critical point with respect to $p$. $(x$ is not a critical point of the distance function at $p$.)

Proof of Claim Connect $x, q$ by a minimal geodesic $\gamma_{2}$ If $x$ is a critical point of $p$ there is a minimal geodesic $\gamma_{1}$ connecting $x$ and $p$ with $\angle\left(\gamma_{1}^{\prime}(0), \gamma_{2}^{\prime}(0)\right)=\alpha \leq \pi / 2$.

[^0]Set $\ell\left(\gamma_{i}\right)=\ell_{i}$, and let $\ell=d(p, q)$. Note that $\ell>\pi / 2$. Apply Toponogov comparison to the hinge $\left\{\gamma_{1}, \gamma_{2}, \alpha\right\}$ to obtain $\ell \leq \bar{\ell}$.

By the cosine law for $S^{2}$,

$$
\cos \bar{\ell}=\cos \ell_{1} \cos \ell_{2}+\sin \ell_{1} \sin \ell_{2} \cos \alpha .
$$

By Bonnet Myers Theorem, $\operatorname{diam}(M) \leq \pi$. Thus $\pi / 2<\ell \leq \pi$, whence

$$
\cos \ell \geq \cos \ell_{1} \cos \ell_{2}+\sin \ell_{1} \sin \ell_{2} \cos \alpha .
$$

Since $\sin \left(\ell_{1}\right) \sin \left(\ell_{2}\right), \cos (\alpha) \geq 0, \cos \left(\ell_{1}\right) \cos \left(\ell_{2}\right) \leq \cos (\ell)<0$. Now if $d(p, x)=\pi$ then by maximal diameter rigidity result, $M^{n} \simeq S^{n}$. Otherwise, we have $-1<\cos \ell_{2}<0$. Now $\cos \ell_{1}$ and $\cos \ell_{2}$ have opposite sign by the above, so in this case we have $0<\cos \ell_{1}<1$. But then $\cos \ell>\cos \ell_{2}$, which implies $\ell<\ell_{2}$. This contradiction shows that $x$ is not a critical point of $p$.

As in the proof of the isotropy lemma, we have $M^{n} \stackrel{\text { homeo }}{\simeq} S^{n}$.
Remark The ( $\frac{1}{4}$ )-pinching sphere theorem and diameter sphere theorem are optimal: $\mathbb{C P}^{n}$ has $1 \leq K_{M} \leq 4$, while $\mathbb{R P}^{n}$ has $K_{M} \equiv 1$ and diam $=\pi / 2$.

Open question Can we prove $M$ is diffeomorphic to $S^{n}$ in Sphere Theorem? If $0.68 \leq K_{M}<1$ then yes; maybe weaker hypotheses are sufficient.

Regarding the previous remark, we have:
Theorem 3.1.4 (Berger) If $M^{n}$ is simply connected, $1 \leq K_{M} \leq 4$ then $M^{n}$ is homeomorphic to $S^{n}$ or is isometric to $\mathbb{C P}{ }^{n / 2}, \mathbb{H P}^{n / 4}$ or the Cayley plane $\mathrm{CaP}^{2}$.

The last three spaces are called compact rank one symmetric spaces, or CROSS.

Theorem 3.1.5 (Gromov-Grove 1987) If $M^{n}$ has $K_{M} \geq 1$ and $\operatorname{diam}(M)=$ $\pi / 2$ then $M^{n} \stackrel{\text { homeo }}{\simeq} S^{n}$, or $M$ is locally isometric to a finite quotient of a CROSS.

Wilking finished the proof in 1999.
What if $1 \leq K_{M} \leq 4+\epsilon$ ? In this case we have a below ( $\frac{1}{4}$ )-pinching sphere theorem:

Suppose $M^{n}$ is simply connected and $1 \leq K_{M} \leq 4+\epsilon$. If $n$ is even (Berger) and $\epsilon<\epsilon(n)>0$ then $M^{n}$ is homeomorphic to $S^{n}$ or is diffeomorphic to a CROSS. If $n$ is odd (Aberesch-Myers 1994) and $\epsilon<\epsilon_{0} \approx 10^{-6}$ then $M$ is homeomorphic to $S^{n}$.

### 3.2 Soul Theorem (Cheeger-Gromoll)

We start with a mini Soul theorem, due to Gromov:
Prop 3.2.1 Let $M^{n}$ be complete, noncompact with $K_{M} \geq 0$. Then for each $p \in M$ there is $R>0$ such that $p$ has no critical points outside $B(p, R)$. In particular, $M$ is homeomorphic to the interior of a compact manifold with boundary.

This proposition is not true for Ric $\geq 0$. For example (Sha-Yang),

$$
\left(S^{2} \times S^{2}\right) \#\left(S^{2} \times S^{2}\right) \# \cdots
$$

has Ric $>0$.
Proof To prove the proposition we first prove a lemma.
Lemma 3.2.1 Suppose $q_{1}$ is a critical point of $p$ and $q_{2}$ satisfies $d\left(p, q_{2}\right) \geq$ $v d\left(p, q_{1}\right), v>1$. Let $\gamma_{i}$ be a minimal geodesic connecting $p, q_{i}, \theta=\angle\left(\gamma_{1}^{\prime}(0), \gamma_{2}^{\prime}(0)\right)$. Then

1. If $K_{M} \geq 0$ then $\theta \geq \arccos (1 / v)$.
2. If $K_{M} \geq H<0$ and $d\left(p, q_{2}\right) \leq D$ then

$$
\theta \geq \arccos \left(\frac{\tanh (\sqrt{-H} D / v)}{\tanh (\sqrt{-H} D}\right)
$$

Proof As usual, set $\ell_{i}=d\left(p, q_{i}\right)$. We have $\ell_{2} \geq v \ell_{1}$. Connect $q_{1}$ and $q_{2}$ with a minimal geodesic $\gamma$ and let $\ell=L(\gamma)$.

Since $q_{1}$ is a critical point of $p$, we can choose a second minimal geodesic $\sigma$ connecting $q_{1}$ and $p$ with $\angle\left(\sigma^{\prime}(0), \gamma_{1}^{\prime}(0)\right)=\alpha \leq \pi / 2$. Now apply Toponogov comparison to the two hinges $\left\{\gamma_{1}, \gamma_{2}, \theta\right\}$ and $\left\{\sigma, \gamma_{1}, \alpha\right\}$.

Case $1 K_{M} \geq 0$

$$
\begin{aligned}
\ell_{2}^{2} \leq \bar{\ell}_{2}^{2} & =\ell_{1}^{2}+\ell^{2}-2 \ell \ell_{1} \cos \alpha \\
& \leq \ell_{1}^{2}+\ell^{2} \quad[\text { since } \alpha \leq \pi / 2]
\end{aligned}
$$

We also have

$$
\ell^{2} \leq \bar{\ell}^{2}=\ell_{1}^{2}+\ell_{2}^{2}-2 \ell_{1} \ell_{2} \cos \theta
$$

Thus

$$
\ell_{2}^{2} \leq \ell_{1}^{2}+\ell_{2}^{2}-2 \ell_{1} \ell_{2} \cos \theta
$$

so

$$
\ell_{1} \ell_{2} \cos \theta \leq \ell_{1}^{2}
$$

and

$$
\cos \theta \leq \ell_{1} / \ell_{2} \leq 1 / v
$$

Case $2 K_{M} \geq H<0$.
Suppose $H=-1$. In this case,

$$
\begin{aligned}
\cosh \ell_{2} \leq \cosh \bar{\ell}_{2} & =\cosh \ell_{1} \cosh \ell-\sinh \ell_{1} \sinh \ell \cos \alpha \\
& \leq \cosh \ell_{1} \cosh \ell \quad[\text { since } \alpha \leq \pi / 2]
\end{aligned}
$$

Also,

$$
\cosh \ell \leq \cosh \bar{\ell}=\cosh \ell_{1} \cosh \ell_{2}-\sinh \ell_{1} \sinh \ell_{2} \cos \theta
$$

so

$$
\cosh \ell_{2} \leq \cosh \ell_{1}\left(\cosh \ell_{1} \cosh \ell_{2}-\sinh \ell_{1} \sinh \ell_{2} \cos \theta\right)
$$

Thus

$$
\begin{aligned}
\sinh \ell_{1} \sinh \ell_{2} \cos \theta & \leq \cosh \ell_{1} \cosh \ell_{2}-\frac{\cosh \ell_{2}}{\cosh \ell_{1}} \\
& =\cosh \ell_{2}\left[\frac{\cosh \ell_{1}-1}{\cosh \ell_{1}}\right]
\end{aligned}
$$

$$
\sinh \ell_{2} \cos \theta \leq \cosh \ell_{2} \tanh \ell_{1}
$$

and

$$
\cos \theta \leq \frac{\tanh \ell_{1}}{\tanh \ell_{2}}
$$

Now $\ell_{2} \leq D$, so $\ell_{1} \leq \ell_{2} / v \leq D / V$. Since $\ell_{2} \geq v \ell_{1}$,

$$
\cos \theta \leq \frac{\tanh \ell_{1}}{\tanh \left(v \ell_{2}\right)} \leq \frac{\tanh (D / v)}{\tanh D}
$$

as $\frac{\tanh x}{\tanh (v x)}$ is increasing when $v>1$.

Corollary Let $q_{1}, \ldots, q_{N}$ be a sequence of critical points of $p$ with

$$
d\left(p, q_{i+1}\right) \geq v d\left(p, q_{i}\right) . \quad(v>1)
$$

Then

1. If $K_{M} \geq 0, N \leq \mathcal{N}(n, v)$.
2. If $K_{M} \geq H<0$ and $d\left(p, q_{N}\right) \leq D$ then $N=\leq \mathcal{N}\left(n, v, H D^{2}\right)$.

Proof Connect $p, q_{i}$ with minimal geodesics $\gamma_{i}$. Set $\angle\left(\gamma_{i}^{\prime}(0), \gamma_{j}^{\prime}(0)\right)=\theta_{i j}$. By the lemma, if $K_{M} \geq 0, \theta_{i j} \geq \arccos (1 / v)$ for all $i \neq j$. But $\gamma_{i}^{\prime}(0) \in S^{n-1} \subset$ $T_{p} M$, and $d_{S^{n-1}}\left(\gamma_{i}^{\prime}(0), \gamma_{j}^{\prime}(0)\right)=\theta_{i j}$. Hence the balls $B\left(\gamma_{i}^{\prime}(0), \arccos (1 / v) / 2\right) \subset$ $S^{n-1}$ are disjoint. But there can only be $\mathcal{N}(n, v)$ such balls. Similarly for $K_{M} \geq H<0$.

Corollary Mini version of soul theorem (by isotopy lemma).
We can now prove the structure theorem for noncompact manifolds.
Theorem 3.2.1 (Cheeger-Gromoll 1972) If $M^{n}$ is a complete, noncompact Riemannian manifold with $K_{M} \geq 0$ then $M$ contains a soul $S$ that is a compact, totally convex submanifold such that $M$ is diffeomorphic to the normal bundle of $S$. Moreover, if $K_{M}>0$ then $S$ is a point, so $M \stackrel{\text { diffeo }}{\simeq} \mathbb{R}^{n}$.

Remark The second result was first proved by Gromoll-Myers.
Definition 3.2.1 $A$ subset $A \subset M$ is called totally convex if for any $p, q \in A$ and $\gamma(t)$ a geodesic in $M$ connecting $p$ and $q$ we have $\gamma(t) \in A$ for all $t$.

## Remarks

1. A point can only be totally convex if there are no geodesic loops in $M$ based at $x$. When $M$ is closed, a point is never totally convex. In fact, if $M$ is closed there are no totally convex there are no totally convex proper subsets.
2. Totally convex $\Rightarrow$ Totally geodesic, but not conversely. For example, great circles in $S^{2}$ are not totally convex.
3. Totally convex sets are interesting for Morse theory. If $A \subset M$ is totally convex, pick $p, q \in A$. Consider the energy function $E$ on $\Lambda(p, q)(=$ path space). The critical points of $E$ all lie in $A$. Thus the topology of $M$ is similar to the topology of $A$. In fact, $M$ is homotopic to $A$.

Example 3.2.1 South pole of a paraboloid is the unique totally convex set.
Example 3.2.2 Meridinal circles on a cylinder (not unique).
Question How do we find totally convex sets?
Lemma 3.2.2 If $f:(M, g) \rightarrow \mathbb{R}$ is concave (Hess $f$ is weakly nonpositive) then

$$
A=\{x \in M: f(x) \geq a\}
$$

is totally convex in $M$.
Proof If $\gamma(t)$ is a geodesic in $M,(f \circ \gamma)(t)$ is concave. Thus the minimum of $(f \circ \gamma)(t)$ is realized at the end points.

Note that intersections of totally convex sets are totally convex.
Prop 3.2.2 Suppose $M^{n}$ is complete, noncompact with $K_{M} \geq 0$ and $p \in M$. Let $\left\{\gamma_{\alpha}\right\}$ be all rays beginning at $p$. Set

$$
f=\inf _{\alpha} b_{\gamma_{\alpha}},
$$

where $b_{\gamma_{\alpha}}$ is the Busemann function associated with $\gamma_{\alpha}$ :

$$
b_{\gamma_{\alpha}}(x)=\lim _{t \rightarrow \infty}\left(d\left(x, \gamma_{\alpha}(t)\right)-t\right)=\lim _{t \rightarrow \infty} b_{\gamma_{\alpha}}^{t}(x) .
$$

Then $f$ is both proper and concave.
Proof Similar to $\operatorname{Ric}_{M} \geq 0, \Delta b_{\gamma_{\alpha}} \leq 0$. We want to show that $K_{M} \geq 0$ implies Hess $b_{\gamma_{\alpha}} \leq 0$ in the support sense. Note that

$$
\begin{aligned}
\text { Hess } b_{\gamma_{\alpha}}^{t} & =\operatorname{Hess} \rho_{\gamma_{\alpha}(t)} \\
& \leq \text { Hess } \bar{\rho} \\
& =\left(\begin{array}{llll}
0 & & & \\
& 1 / \rho & & \\
& & \ddots & \\
& & & 1 / \rho
\end{array}\right) \leq(1 / \rho) I d
\end{aligned}
$$

Let $t \rightarrow \infty$. Then $\rho \rightarrow \infty$, so Hess $b_{\gamma_{\alpha}}(x) \leq 0$.
Thus $b_{\gamma_{\alpha}}$ is concave. Hence $f$ is concave, as the infimum of concave functions is concave.

Next we show $f^{-1}[a, \infty)$ is compact for $a<0$. Since $b_{\gamma_{\alpha}}(p)=0, f(p)=0$. Thus $f^{-1}[a, \infty)=A$ is nonempty. Also $A$ is closed. Thus if $A$ is not compact, $A$ is not bounded. Suppose there is $\left\{p_{n}\right\} \subset A$ with $d\left(p, p_{n}\right) \rightarrow \infty$.

Connect $p$ and $p_{n}$ with a minimal geodesic $\gamma_{n}(t)$. Since $A$ is totally convex, these geodesics lie in $A$. Some subsequence of $\gamma_{n}(t)$ converges to a ray $\gamma(t)$ in $A$. Consider $f(\gamma(t))$.

$$
f(\gamma(t)) \leq b_{\gamma}(\gamma(t))=-t \rightarrow-\infty
$$

But $\gamma \subset A$ since $A$ is closed. This contradiction shows that $A$ is compact. Thus $f$ is proper.

Remark Soul Theorem does not hold for $\operatorname{Ric}_{M} \geq 0$. As mentioned above,

$$
\left(S^{2} \times S^{2}\right) \#\left(S^{2} \times S^{2}\right) \# \cdots
$$

has Ric $>0$ (Sha-Yang).
Question If $M$ has Ric $\geq 0$ is $f=\inf _{\alpha} b_{\gamma_{\alpha}}$ a proper function?
Returning to the Soul theorem, the above lemma and proposition show that there is a compact, totally convex subset $A \subset M$. Still, $A$ may not be a submanifold. We will try to find the smallest totally convex set. First we prove some properties of convex sets.

Prop 3.2.3 If $A \subset M$ is a totally convex set then $A$ has interior $\operatorname{int}(A)$ and boundary $\partial A$ in the sense that the boundary has the supporting hyperplane property and the interior lies strictly on the open half space cut out by each supporting hyperplane. Moreover, $\operatorname{int}(A)$ is a totally convex submanifold. For each $x \in \partial A$ there is $v \in T_{x} M$ such that $\angle\left(\gamma^{\prime}(0), v\right)<\pi / 2$ for all geodesics $\gamma:[0, a] \rightarrow A$ with $\gamma(0)=x, \gamma(a) \in \operatorname{int}(A)$. Thus $\rho_{q}, q \in \operatorname{int}(A)$, has no critical points on $\partial A$.

Proof First we identify the interior and the boundary points. Find a maximal integer $k$ such that $A$ contains a $k$-dimensional submanifold of $M$. Note that if $K=0$ then $A$ is a point. Let $N \subset A$ be the union of all $k$ dimensional submanifolds of $M$ contained in $A$. Set $\operatorname{int}(A)=N$ and $\partial A=$ $A-N$. For all $p \in N$ there is $N_{p} \subset A$, a $k$-dimensional submanifold containing $p$.

There is a chart $\phi: B(p, \delta) \rightarrow \mathbb{R}^{n}$ such that

$$
\phi\left(B(p, \delta) \cap N_{p}\right)=\phi(B(p, \delta)) \cap \mathbb{R}^{k}
$$

Claim $B(p, \delta) \cap N_{p}=B(p, \delta) \cap N$ for $\delta$ small.
Proof of Claim Suppose $q \in B(p, \delta) \cap N-B(p, \delta) \cap N_{p}$. Connect $p$ and $q$ with a unique minimal geodesic $\gamma:[0, a] \rightarrow N$. Consider $B(p, \delta) \cap N_{p}$ as a subset of $\mathbb{R}^{n}$. Connect $q$ with each point in $B(p, \delta) \cap N_{p}$; this forms a cone over a $k$-dimensional submanifold, and gives a $(k+1)$-dimensional submanifold away from $q$. By convexity, this submanifold lies in $A$, which contradicts the maximality of $k$.

Thus $B(p, \delta) \cap N_{p}=B(p, \delta) \cap N$ for $\delta$ small. Note, we choose

$$
\delta<\frac{\operatorname{inj}(p)}{2}
$$

so $q$ is connected uniquely (and hence smoothly) to $B(p, \delta) \cap N_{p}$.
Next, $N$ is dense in $A$ : For any $p \in A$ take $q \in N$. Let $\gamma:[0, a] \rightarrow A$ be a minimal geodesic connecting $p$ and $q$. Then $\gamma[0, a) \subset N$.

Now we establish the supporting hyperplane property. For $p \in \partial A$, let $C_{p}$ be the cone of vectors $v \in T_{p} M$ such that $\exp _{p}(t v) \in \operatorname{int}(A)$ for some $t>0$. Then $C_{p}$ is open in span $C_{p}$ and $\operatorname{dim}\left(\operatorname{span} C_{p}\right)=k$.

Claim If $q \in \operatorname{int}(A), p \in \partial A$ such that $d(p, q)=d(q, \partial A)$ then

$$
C_{p}=H=\left\{v \in \operatorname{span} C_{p}: \angle\left(\gamma^{\prime}(0), v\right)<\pi / 2\right\},
$$

where $\gamma$ is a minimal geodesic connecting $p$ and $q$. In this case we say there is a unique supporting hyperplane at $p$.

Proof of Claim Suppose $\gamma:[0, d] \rightarrow A$. Choose $0<s<d$ so

$$
d(\gamma(s), p)<\frac{\operatorname{inj}(p)}{2} .
$$

Then $\left.\gamma\right|_{[0, s]}$ realizes the distance from $\gamma(s)$ to $\partial A$, so $B(\gamma(s), s) \cap \partial A=p$ and $H \subset C_{p}$. Suppose there is $v \in C_{p}-H$. Since $C_{p}$ is open, we may assume $\angle\left(\gamma^{\prime}(0), v\right)>\pi / 2$ Thus $-v \in H \subset C_{p}$. But then $q \in \operatorname{int}(A)$. This contradiction proves the claim.

Prop 3.2.4 Let $(M, g)$ be complete with $K_{M} \geq 0$ and $A \subset M$ totally convex. Then $d: A \rightarrow \mathbb{R}$ defined by $d(x)=d(x, \partial A)$ is concave in $A$. Moreover, $d$ is strictly concave if $K_{M}>0$.

Proof We show Hess $(d) \leq 0$ in support sense. For any $q \in \operatorname{int}(A)$, let $p \in \partial A$ realize $d(q)$. Note that we work with $A$ compact. Connect $p, q$ with a minimal geodesic $\sigma(t)$. Also, there is a supporting hyperplane $H$ at $p$.

Set $\bar{H}=\left\{\exp _{p}(t v): v \in H, t \leq \epsilon\right\}$. Then $\bar{H}$ is a submanifold that is totally geodesic at $p$. Also, $\bar{H} \cap \operatorname{int}(A)=\emptyset$ and $d(x, \bar{H})$ is a support function of $d(x, \partial A)$ at $q$ from above.

The Hessian of distance functions satisfies the Ricatti equation $S^{\prime}=$ $-R_{N}-S^{2}$, so

$$
\begin{aligned}
\nabla_{\sigma^{\prime}(0)}\left(\nabla^{2} d(\cdot, \bar{H})\right. & =-R_{\sigma^{\prime}(0)}-\left(\nabla^{2} d(\cdot, \bar{H})\right)^{2} \\
& \leq-\left(\nabla^{2} d(\cdot, \bar{H})\right)^{2} .
\end{aligned}
$$

Observe that we have used that fact that $K_{M} \geq 0$ to obtain this inequality.
Since $\bar{H}$ is totally geodesic, the $2^{\text {nd }}$ fundamental form is 0 , so $\left.\left(\nabla^{2} d(\cdot, \bar{H})\right)\right|_{\sigma(0)}=$ 0.

Thus $\nabla^{2} d(\cdot, \bar{H}) \leq 0$; this inequality is strict if $K_{M}>0$.
If $d(\cdot, \bar{H})$ is smooth at $q$, the proof is complete. If $d(\cdot, \bar{H})$ is not smooth at $q$, consider $t+d\left(\cdot, \bar{H}_{t}\right)$. This is a support function for $d(\cdot, \bar{H})$ at $q$. (Consider $\sigma(t)$ instead of $\left.\sigma(0)=p, H_{t}=\exp _{\sigma(t)} H\right)$

Proof of Soul Theorem $M^{n}, K_{M} \geq 0, f=\inf _{\alpha} b_{\gamma_{\alpha}}, A=f^{-1}[a, \infty)$, $a<0$.

We showed that $A$ is a compact totally convex set. If $A$ is a point or has no boundary, we have constructed the soul. Otherwise, $\partial A \neq \emptyset$. Set

$$
C_{1}=\{x \in A: d(x, \partial A) \text { is maximal on } A\} .
$$

By the previous result, $C_{1}$ is totally convex $\left(C_{1}=f^{-1}[\max , \infty)\right.$, where $f(x)=$ $d(x, \partial A))$.

If $C_{1}$ is a submanifold, we are done. Otherwise repeat and get a sequence of totally convex compact sets

$$
A \supset C_{1} \supset \cdots
$$

Claim This sequence has at most $(n-1)$ steps.
Proof of Claim We prove that $\operatorname{dim} C_{i}>\operatorname{dim} C_{i+1}$. Suppose $\operatorname{dim} C_{i}=$ $\operatorname{dim} C_{i+1}$. Then there exists $B(q, \delta)$ such that

$$
B(q, \delta) \cap \operatorname{int}\left(C_{i}\right)=B\left(q, \delta \cap \operatorname{int}\left(C_{i+1}\right)\right.
$$

Let $\sigma(t)$ be a minimal geodesic connecting $q$ and $p \in \partial C_{i}, d(q, p)=$ $d\left(q, \partial C_{i}\right)$. Then $d\left(\cdot, \partial C_{i}\right)$ is strictly increasing along $\sigma(t)$. But sigma $(t)$ passes through $p \in \partial C_{i}, d(q, p)=d\left(q, \partial C_{i}\right)$, which is a contradiction.

To see that $M^{n}$ is diffeomorphic to the normal bundle over its soul, we use

Theorem 3.2.2 (Perelman 1994) The map $\mathrm{Sh}: M \rightarrow S$ is a submersion and $K(H, V)=0\left(H=\right.$ Horizontal, $V=$ Vertical). In particular, if $K_{M}(p)>$ 0 at some point $p \in M$ the soul is a point. In this case $M \stackrel{\text { diffeo }}{\sim} \mathbb{R}^{n}$.

Question Given a closed $S$ with $K_{S} \geq 0$ what vector bundles over $S$ admit a metric with $K \geq 0$ ?

Theorem 3.2.3 (Ozaydu-Walschap 1994) If $S=T^{2}$ only the trivial bundle has $K \geq 0$.

Theorem 3.2.4 (Belegradek-Kapovitch) Similar results for $T^{k}, C \times T^{k}$ only finitely many bundles have $K \geq 0$.

The question is open $\left|\pi_{1}(S)\right|<\infty$. No obstructions known.

### 3.3 Finiteness Theorem

We start with an overview.
Theorem 3.3.1 (Cheeger 1970) The class of manifolds $M^{n}$ with $\left|K_{M}\right| \leq$ $H, \operatorname{vol}_{M} \geq V$, $\operatorname{diam}(M) \leq D$ has only finitely many diffeomorphism types. In fact, this class is $C^{1, \alpha}$ compact in the Gromov-Hausdorff topology.

Theorem 3.3.2 (Grove-Petersen 1988) $M^{n}$ with $K_{M} \geq H, \operatorname{vol}_{M} \geq V$, $\operatorname{diam}(M) \leq D$ has only finitely many homotopy types.

Remark Perelman showed this result for homeomorphism types.
Theorem 3.3.3 (Gromov 1981) $M^{n}, K_{M} \geq H$, $\operatorname{diam}(M) \leq D$ has finite Betti numbers:

$$
\sum_{i=0}^{n} b_{i}(M ; F) \leq C\left(n, H D^{2}\right)
$$

Theorem 3.3.4 (Gromov) Suppose $M^{n}$ is complete with $K_{M} \geq 0$. Then $\pi_{1}(M)$ can be generated by $C(n)$ generators, where $C(n)$ depends only on $n$.

Proof (c.f. Sormani's result that small linear diameter growth and $\operatorname{Ric}_{M} \geq 0$ implies $\pi_{1}(M)$ finitely generated).

Fix $p \in \tilde{M}$. Select generators $g_{1}, g_{2}, \ldots$ of $\pi_{1}(M)$ as follows:
i) $d\left(p, g_{1}(p)\right) \leq d(p, g(p))$ for all $g \in \pi_{1}(M)$
ii) $d\left(p, g_{k}(p)\right) \leq d(p, g(p))$ for $g \in \pi_{1}(M)-\left\langle g_{1}, \ldots, g_{k-1}\right\rangle$

Join $p$ and $g_{k}(p)$ by minimal geodesics $\sigma_{k}$.
Claim $\gamma_{i j}=\angle\left(\sigma_{i}^{\prime}(0), \sigma_{j}^{\prime}(0)\right) \geq \pi / 3$ for all $i \neq j$.
To prove the claim, note that for $i<j, g_{i}^{-1} g_{j} \in G-\left\langle g_{1}, \ldots, g_{j-1}\right\rangle$. Hence

$$
d\left(p, g_{i} p\right) \leq d\left(p, g_{i}^{-1} g_{j} p\right)=d\left(g_{i} p, g_{j} p\right)
$$

We now use the hinge version of Toponogov comparison $\left\{\sigma_{i}, \sigma_{j}, \gamma_{i j}\right\}$. Since $K_{\tilde{M}} \geq 0$, we compare with $\mathbb{R}^{n}$ :

$$
\begin{aligned}
d\left(g_{i} p, g_{j} p\right) & \leq d\left(p, g_{i} p\right)^{2}+d\left(p, g_{j} p\right)^{2}-2 d\left(p, g_{i} p\right) d\left(p, g_{j} p\right) \cos \gamma_{i j} \\
\ell_{i j} & \leq \ell_{i}^{2}+\ell_{j}^{2}-2 \ell_{i} \ell_{j} \cos \gamma_{i j}
\end{aligned}
$$

If $\gamma_{i j}<\pi / 3$, we have

$$
\begin{aligned}
\ell_{i j}^{2} & <\ell_{i}^{2}+\ell_{j}^{2}-\ell_{i} \ell_{j} \\
& <\ell_{j}^{2},
\end{aligned}
$$

since $\ell_{j} \geq \ell_{i}$ implies $-\ell_{i} \ell_{j} \leq-\ell_{i}^{2}$. But then $d\left(g_{i} p, g_{j} p\right)<d\left(p, g_{j} p\right)$, which is a contradiction.

Thus $\angle\left(\sigma_{i}^{\prime}(0), \sigma_{j}^{\prime}(0)\right) \geq \pi / 3$ for $i \neq j$, so each generator can be placed in a ball of radius $p i / 6$ which is disjoint from the like balls about the other generators. Hence there are at most

$$
C(n)=\frac{\operatorname{vol}(n-1,1, \pi)}{\operatorname{vol}(n-1,1, \pi / 6)}
$$

generators.
Remark A similar result holds for $M^{n}$ with $K_{M} \geq H$ and $\operatorname{diam}(M)<$ $D / 2$; the number of generators of $\pi_{1}(M)$ is at most $2(3+2 \cosh \sqrt{-H} D)$. The proof is similar, but compares with hyperbolic space.

Theorem 3.3.5 (Gromov 1981) Suppose $M^{n}$ is complete with $K_{M} \geq H$, $\operatorname{diam}(M) \leq D$. Then

$$
\sum_{i=0}^{n} b^{i}(M, F) \leq C\left(n, H D^{2}\right)
$$

Moreover, if $K_{M} \geq 0$ then

$$
\sum_{i=0}^{n} b^{i}(M, F) \leq C(n)
$$

Consequence $\mathbb{C} P^{2} \# \cdots \# \mathbb{C} P^{2}$ has no metric with $K_{M} \geq 0$. (But it does have a metric with $\operatorname{Ric} \geq 0$ ).

Question If $K_{M} \geq 0$ is $\sum_{i=0}^{n} b^{i}(M, F) \leq 2^{n}$ ?
Mayer-Vietoris gives a way to estimate Betti numbers of union of balls in terms of each single ball and the intersections. If the balls are small, we know Betti numbers (since we work with manifolds). To this end we define the content of a ball as

$$
\operatorname{Cont}(p, r)=\operatorname{Cont}(B(p, r))=\sum_{i=0}^{n} \operatorname{rank}\left(H_{i}(B(p, r)) \rightarrow H_{i}(B(p, 5 r))\right)
$$

One would expect to define $\operatorname{Cont}(p, r)$ as $\sum_{i=0}^{n} b_{i}(B(p, r))$. Content, as we have defined it, is related to $\sum b_{i}$, though; consider $r=\operatorname{diam}(M)$. For $r$ small (inside the injectivity radius), $\operatorname{Cont}(p, r)=1$. Cont $(p, r)$ is better than $\sum b_{i}$.

Prop 3.3.1 If $K_{M} \geq 0$ we have $\operatorname{Cont}(p, r) \leq(n+1) 2^{N\left(r / 10^{n+1}, r\right)}$, where $N\left(r / 10^{n+1}, r\right)$ is the number of balls of radius $r / 10^{n+1}$ required to cover the ball $B(p, r)$.

Remark Using Ric $\geq 0$ we have a bound on $N$.
We say that $B(p, r)$ compresses to $B(q, s)$, and write $B(p, r) \rightarrow B(q, s)$, provided $5 s+d(p, q) \leq 5 r$ and there is a homotopy $f_{t}: B(p, r) \rightarrow B(p, 5 r)$ with $f_{0}$ the inclusion, $f_{1}(B(p, r)) \subset B(q, s)$. Thus $B(q, 5 s) \subset B(p, 5 r)$ and $B(p, r)$ is deformable to $B(q, s)$ inside $B(p, 5 r)$. Note that in this case

$$
\operatorname{Cont}(p, r) \leq \operatorname{Cont}(q, s)
$$

$B(p, r)$ is incompressible if $B(p, r) \rightarrow B(q, s)$ implies $s>r / 2$. We start with $B(p, r)=M$, and compress until incompressible. Then we reduce to balls of one tenth the radius, and repeat. The number of steps needed from $B(p, r)$ to contractible ball is $\operatorname{rank}(p, r)$. Then

$$
\operatorname{Cont}(p, r) \leq\left[(n+1) 2^{N\left(r / 10^{n+1}, r\right)}\right]^{\operatorname{rank}(p, r)}
$$

Lemma 3.3.1 Suppose $q_{1}, q_{2}, \ldots q_{K}$ are critical points of $p$. Then $K \leq N\left(n, D H^{2}\right)$. (c.f. Baby Soul Theorem).

Theorem 3.3.6 (Mayer-Vietoris) - Suppose $U_{1}, U_{2}$ open in $M$. There is a long exact sequence
$\cdots \rightarrow H_{i}\left(U_{1} \cap U_{2}\right) \rightarrow H_{i}\left(U_{1}\right) \oplus H_{i}\left(U_{2}\right) \rightarrow H_{i}\left(U_{1} \cup U_{2}\right) \xrightarrow{\Delta} H_{i-1}\left(U_{1} \cap U_{2}\right) \rightarrow \cdots$
where

$$
\begin{aligned}
H_{i}\left(U_{1} \cap U_{2}\right) & \rightarrow H_{i}\left(U_{1}\right) \oplus H_{i}\left(U_{2}\right) \\
\alpha & \mapsto(\alpha, \alpha)
\end{aligned}
$$

and

$$
\begin{aligned}
H_{i}\left(U_{1}\right) \oplus H_{i}\left(U_{2}\right) & \rightarrow H_{i}\left(U_{1} \cup U_{2}\right) \\
(\alpha, \beta) & \mapsto \alpha-\beta
\end{aligned}
$$

We have short exact sequences

which give a well defined $\Delta: H_{i}\left(U_{1} \cup U_{2}\right) \rightarrow H_{i-1}\left(U_{1} \cap U_{2}\right)$.
Thus

$$
\begin{aligned}
b_{i}\left(U_{1} \cup U_{2}\right) & =\operatorname{dim}\left(H_{i}\left(U_{1} \cup U_{2}\right)\right) \\
& =\operatorname{dim}(\operatorname{Ker}(\Delta))+\operatorname{dim}(\operatorname{Im}(\Delta)) \\
& \leq \operatorname{dim}(\operatorname{Im}(\Phi))+b_{i-1}\left(U_{1} \cap U_{2}\right) \\
& \leq b_{i}\left(U_{1}\right)+b_{i}\left(U_{2}\right)+b_{i-1}\left(U_{1} \cap U_{2}\right)
\end{aligned}
$$

Prop 3.3.2 $b_{i}\left(U_{1} \cup \cdots \cup U_{N}\right) \leq \sum_{\substack{U(j) \\ j \leq i}} b_{j}\left(U_{i-j}\right)$, where $U(j)$ is the $(j+1)$-fold intersection of $U_{i}$ 's.

Proof Case $N=2$ is above. Assume true for $N$.

$$
\begin{aligned}
b_{i}\left(U_{1} \cup \cdots \cup U_{N+1}\right) & \leq b_{i}\left(U_{1} \cup \cdots \cup U_{N}\right)+b_{i}\left(U_{N+1}\right)+b_{i-1}\left(\left(U_{1} \cup \cdots \cup U_{N}\right) \cap U_{N+1}\right) \\
& =b_{i}\left(U_{1} \cup \cdots \cup U_{N}\right)+b_{i}\left(U_{N+1}\right)+b_{i-1}\left(\left(\left(U_{1} \cap U_{N+1}\right) \cup \cdots \cup\left(U_{N} \cap U_{N+1}\right)\right.\right.
\end{aligned}
$$

Suppose $A \xrightarrow{u} B \xrightarrow{v} C \xrightarrow{w} D$. Then $\operatorname{rank}(w v u)_{*} \leq \operatorname{rank} v_{*}$.
Definition 3.3.1 If $A \subset B$ then $b_{i}(A, B)=\operatorname{rank} u_{*}$.
Let $U_{i}^{j}, i=1, \ldots, N$ be open sets. Index by $j$ with $\bar{U}_{i}^{j} \subset U_{i}^{j+1}$. Set $X^{j}=\cup U_{i}^{j}$. Then $X^{0} \subset X^{1} \subset \cdots X^{n+1}$.

Prop 3.3.3 $b_{i}\left(X^{0}, X^{n+1}\right) \leq \sum_{0 \leq j \leq i} b_{i}\left(U_{i-j}^{i}, U_{i-j}^{j+1}\right)$
Lemma 3.3.2 If $B_{r}\left(p_{1}\right) \cap \cdots \cap B_{r}\left(p_{j}\right) \neq \emptyset$ then

$$
\begin{aligned}
B_{r}\left(p_{1}\right) \cap \cdots \cap B_{r}\left(p_{j}\right) & \subset B_{r}\left(p_{i}\right) \subset B_{5 r}\left(p_{i}\right) \\
& \subset B_{10 r}\left(p_{1}\right) \cap \cdots \cap B_{10 r}\left(p_{j}\right)
\end{aligned}
$$

Proof Let $x \in B_{r}\left(p_{1}\right) \cap \cdots \cap B_{r}\left(p_{j}\right), q \in B_{5 r}\left(p_{i}\right)$. Then

$$
\begin{aligned}
d\left(q, p_{k}\right) & \leq d\left(q, p_{i}\right)+d\left(p_{i}\right)+d\left(x, p_{k}\right) \\
& \leq 10 r
\end{aligned}
$$

Definition 3.3.2 $\operatorname{Set}_{i}(r, p)=b_{i}\left(B_{r}(p), B_{5 r}(p)\right)$ and $\operatorname{Cont}(r, p)=\sum_{i} b_{i}(r, p)$.
Corollary $b_{i}\left(B_{r}\left(p_{1}\right) \cap \cdots \cap B_{r}\left(p_{j}\right), B_{10 r}\left(p_{1}\right) \cap \cdots \cap B_{10 r}\left(p_{j}\right)\right) \leq b_{i}\left(r, p_{i}\right)$, for $1 \leq i \leq j$.

Proof

$$
\begin{aligned}
& \bigcap_{i} B_{r}\left(p_{i}\right) \stackrel{u}{\hookrightarrow} \\
& B_{r}\left(p_{i}\right) \\
& \stackrel{v}{\hookrightarrow} \\
& B_{5 r}\left(p_{i}\right) \stackrel{w}{\hookrightarrow} \bigcap_{i} B_{10 r}\left(p_{i}\right)
\end{aligned}
$$

$\operatorname{rank}(w v u)_{*} \leq \operatorname{rank} v_{*}$ is equivalent to $b_{i}\left(\cap B_{r}\left(p_{i}\right), \cap B_{10 r}\left(p_{i}\right)\right) \leq b_{i}(r, p)$.
Cover $B_{r}(p)$ by $N \epsilon$ balls: $B_{r}(p) \subset \bigcup_{i=1}^{N} B_{\epsilon}\left(p_{i}\right)$.
Corollary If for all $p^{\prime} \in B_{r}(p)$ and $j=1, \ldots, n+1, \operatorname{Cont}\left(10^{-j} r, p^{\prime}\right) \leq c$ then cont $(r, p) \leq(n+1) 2^{N} c$.

Proof Cover $B_{r}(p)$ by balls $B_{\epsilon}\left(p_{i}\right)$ where $\epsilon=10^{-(n+1)} r$. Let $U_{i}^{j}=$ $B_{10^{j} \epsilon}\left(p_{i}\right)$ and set $X^{j}=\cup_{i} U_{i}^{j}$. Then

$$
\left.b_{i}\left(X^{0}, X^{n+1}\right) \leq \sum_{j,(i-j)} b_{j}\left(U_{i} i-j\right)^{j}, U_{i} i-j\right)^{j+1}
$$

Lemma 3.3.3 Let $B_{r}(p) \subset M$ with $M$ complete. Assume $5 s+d(p, y) \leq 5 r$, $d(p, y) \leq 2 r$. If $B_{r}(p)$ does not compress to $B_{s}(y)$ there is a critical point $x$ of $y$ with

$$
s \leq d(x, y) \leq r+d(y, p)
$$

and

$$
x \in B_{r+2 d(y, p)}(p) \subset B_{5 r}(p) .
$$

Lemma 3.3.4 Suppose $\operatorname{rank}^{\prime}(r, p)=j$. Then there is $y \in B_{5 r}(p)$ and $x_{1}, \ldots, x_{j} \in$ $B_{5 r}(p)$ such that for all $i \leq j, x_{j}$ is critical with respect to $y$ and

$$
d\left(y_{i}, y\right) \geq \frac{5 d\left(x_{i-1}, y\right)}{4}
$$

Proof Assume $B_{r}(p)$ is incompressible. Observe that if $p^{\prime} \in B_{r}(p)$ then $B_{5(r / 10)}\left(p^{\prime}\right)=B_{r / 2}\left(p^{\prime}\right) \subset B_{3 r / 2}(p)$. Put $p_{j}=p$ and $r_{j}=r$. Since $\operatorname{rank}(p, r)=j$ there is $p_{j-1} \in B_{r_{j}}\left(p_{j}\right)$ with $r_{j-1} \leq r_{j} / 10$ such that $\operatorname{rank}\left(\hat{p}_{j-1}, \hat{r}_{j-1}\right)=j-1$.

If $B_{\hat{r}_{j-1}}\left(\hat{p}_{j-1}\right)$ is incompressible set $p_{j-1}=\hat{p}_{j-1}$ and $r_{j-1}=\hat{r}_{j-1}$. Otherwise, compress $B_{\hat{r}_{j-1}}\left(\hat{p}_{j-1}\right)$ to a ball $B_{r_{j-1}}\left(p_{j-1}\right)$ which is incompressible and $\operatorname{rank}\left(p_{j-1}, r_{j-1}\right)=j-1$.

Since $B_{\hat{r}_{j-1}}\left(\hat{p}_{j-1}\right) \mapsto B_{r_{j-1}}\left(p_{j-1}\right)$,

$$
B_{5 r_{j-1}}\left(p_{j-1}\right) \subset B_{5 \hat{r}_{j-1}}\left(\hat{p}_{j-1}\right) \subset B_{3 r_{j} / 2}\left(p_{j}\right)
$$

In either case, $B_{5 r_{j-1}}\left(p_{j-1}\right) \subset B_{2 r_{j} / 2}\left(p_{j}\right)$.
In the first case, $r_{j-1}=\hat{r}_{j-1} \leq r_{j} / 10$.
In the second case, $r_{j-1} \leq \hat{r}_{j-1} \leq r_{j} / 10$.
Repeat to get $B_{r_{i}}\left(p_{i}\right)$ for $i=0, \ldots, j$ such that $B_{r_{i}}\left(p_{i}\right)$ is incompressible, $r_{i-1} \leq r_{i} / 10, B_{5 r_{i-1}}\left(p_{i-1}\right) \leq B_{3 r_{i} / 2}\left(p_{i}\right)$.

Put $y=p_{0}$. Then $y \in B_{3 r_{i} / 2}\left(p_{i}\right)$ for all $i$. Since the balls $B_{r_{i}}\left(p_{i}\right)$ are incompressible, $B_{r_{i}}\left(p_{i}\right)$ does not compress to $B_{r_{i} / 2}(y)$. Thus there is a critical point $x_{i}$ with

$$
\begin{aligned}
r_{i} / 2 \leq d\left(x_{i}, y\right) & \leq r_{i}+d\left(y, p_{i}\right) \\
& \leq r_{i}+3 r_{i} / 2 \leq 4 r_{i} .
\end{aligned}
$$

Hence

$$
\begin{aligned}
d\left(x_{i}, y\right) & \geq r_{i} / 2 \\
& \geq 5 r_{i-1} \quad\left(r_{i-1} \leq r_{i} / 10\right) \\
& =(5 / 4) 4 r_{i-1} \\
& \geq(5 / 4) d\left(x_{i-1}, y\right) .
\end{aligned}
$$

Corollary $\operatorname{rank}(r, p) \leq \begin{cases}N(n) & \text { if } H=0 \\ N\left(n, H D^{2}\right) & \text { if } H<0\end{cases}$
Proof Since $d\left(x_{i}, y\right) \geq 5 d\left(x_{i}, y\right) / 4$, there is a bound on the number of critical points.

Two operators $\delta, d ; d$ derivative.

$$
\begin{aligned}
H_{i}\left(U_{1}\right) \oplus H_{i}\left(U_{2}\right) & \rightarrow H_{i}\left(U_{1} \cup U_{2}\right) \\
(\alpha, \beta) & \mapsto(\alpha-\beta)
\end{aligned}
$$

We also have

$$
(\delta \omega)_{\alpha_{0} \cdots \alpha_{i+1}}=\sum_{k=1}^{i+1}(-1)^{k} \omega_{\alpha_{0} \cdots \hat{\alpha}_{k} \cdots \alpha_{i+1}} .
$$

Theorem 3.3.7 (Cheeger's Finiteness Theorem (1970)) There are only finitely many diffeomorphism types of Riemannian manifolds $M^{n}$ with $\left|K_{M}\right| \leq$ $H, \operatorname{vol}_{M} \geq V$ and $\operatorname{diam}(M) \leq D$. This number is explicit, and depends on $n, H D^{2}$ and $V D^{-n}$. The main lemma in the proof is the injectivity radius estimate.

Lemma 3.3.5 For manifolds $M^{n}$ as above, $\operatorname{inj}_{M} \geq i_{0}(n, D, F, V)$. In particular, the small balls are contractible.

Note that all conditions are necessary for finiteness. For example, every surface of genus $\geq 2$ can be given a metric that has $K \equiv-1$ and vol $\geq V$. Also $S^{3} / \mathbb{Z}_{p}$ has $K \equiv 1, \operatorname{diam} \leq D$.

Theorem 3.3.8 (Grove-Petersen 1988) For the class of manifolds $M^{n}$ satisfying $K_{M} \geq H, \operatorname{vol}_{M} \geq V$ and $\operatorname{diam}(M) \leq D$, there are only finitely many homotopy types. (For future reference, such manifolds are said to satisfy (*)).

In this case there is no uniform bound on $\operatorname{inj}_{M}$. For example, cones have arbitrarily small closed geodesics. The idea is that small balls are contractible in bigger balls. For Ricci curvature, the theorem is true for $n=3$ (Zhu) and false for $n \geq 4$ (Perelman).

Lemma 3.3.6 (Main Lemma) For $M$ satisfying (*) there is $\delta=\delta\left(n, D^{n} / V, H D^{2}\right)>$ 0 and a deformation of the $\delta D / 2$-tubular neighborhood of the diagonal $\Delta$ in $M \times M$ retracting it to the diagonal

$$
H_{t}: T_{\delta D / 2}(\Delta) \rightarrow M \times M
$$

Moreover, the curve $t \mapsto H_{t}(p, q)$ has length

$$
L\left(H_{t}(p, q)\right) \leq R\left(n, D^{n} / V, H D^{2}\right) \overline{p q}
$$

Corollary If $f_{1}: N \rightarrow M^{n}, f_{2}: N \rightarrow M^{n}, N$ arbitrary and $M$ satisfies $(*)$ such that $d\left(f_{1}(x), f_{2}(x)\right) \leq \delta D / 2$ for all $x$, then $f_{1} \simeq f_{2}$.

Idea Proof of Main Lemma $\leftrightarrow$ Uniform Estimate on the Distance of Pairs of Mutually Critical Points

Given $(p, q) \in T_{\delta D / 2}(\Delta)$ if $q$ is not critical to $p$ we deform $q$ and get closer to $p$. Continue until both are critical to each other.

Definition 3.3.3 $q$ is $\epsilon$-almost critical to $p$ if for all $v \in T_{q} M$ there is a minimal geodesic $\gamma$ from $q$ to $p$ such that $\measuredangle\left(v, \gamma^{\prime}(0)\right) \leq \pi / 2+\epsilon$.

Main Lemma follows from the following estimate for mutually critical points.

Theorem 3.3.9 There exist $\epsilon\left(n, D / V, H D^{2}\right), \delta\left(n, D / V, H D^{2}\right)>0$ such that if $p, q \in M$, where $M$ satisfies $(*)$, and $d(p, q)<\delta D$ then at least one of $p, q$ is not $p, q \epsilon$-almost critical to each other.

Proof Suppose that for all $\epsilon, \delta>0$ there are $p, q$ with $d(p, q)<\delta D$ and $p, q \epsilon$-almost critical to each other. Scale $M$ so that $D=1, d(p, q)<\delta$. Let

$$
M_{p}=\{x \in M: d(x, p) \leq d(x, q)\}
$$

We will show that $\operatorname{vol}\left(M_{p}\right) \leq V / 3$.

Let $\dot{\Gamma}_{p q}=\left\{\gamma^{\prime}(0): \gamma^{\prime}(0) \in S^{n-1} \subset T_{p} M, \gamma\right.$ minimal connecting $p$ to $\left.q\right\}$, and define $\dot{\Gamma}_{q p} \subset T_{q} M$. Since $p, q$ are $\epsilon$-critical to each other, $\dot{\Gamma}_{p q}$ and $\dot{\Gamma}_{q p}$ are $\pi / 2+\epsilon$ dense in $S^{n-1} \subset T_{p} M$. To compute the volume of $M_{p}$, we consider

$$
\ell+p=\left\{x: x=\gamma(\ell), \gamma^{\prime}(0) \notin T_{\pi / 2-\epsilon} \dot{\Gamma}_{p q}\right\} .
$$

Choose $\epsilon$ so that

$$
\begin{aligned}
& \left(\frac{v_{n-1,1}(\pi / 2+\epsilon)-v_{n-1,1}(\pi / 2-\epsilon)}{v_{n-1,1}(\pi / 2+\epsilon)}\right) v_{n, H}(1)=V / 6 \\
& \\
& \begin{aligned}
\operatorname{vol}(\ell+p) & \leq \operatorname{vol}\left(\text { corresponding part in } M_{H}^{n}\right) \\
& =v_{n, H}(1)-\frac{\operatorname{vol}\left(T_{\pi / 2} \dot{\Gamma}_{p q}\right)}{\operatorname{vol}\left(S_{1}^{n-1}\right)} v_{n, H}(1) \\
& =v_{n, H}(1)\left(1-\frac{\operatorname{vol}\left(T_{\pi / 2-\epsilon} \dot{\Gamma}_{p q}\right)}{\operatorname{vol}\left(T_{\pi / 2+\epsilon} \dot{\Gamma}_{p q}\right)}\right) \\
& \leq v_{n, H}(1)\left(1-\frac{\operatorname{vol}(\pi / 2-\epsilon)}{\operatorname{vol}(\pi / 2+\epsilon)}\right)=V / 6
\end{aligned}
\end{aligned}
$$

Pick $r$ such that $v_{n, H}(r)=V / 6$. If $y=\sigma(t), \sigma^{\prime}(0) \in T_{\pi / 2-\epsilon} \dot{\Gamma}_{p q}$ and $t>r$ then $y \notin M_{p}$. To see this use Toponogov and compare with $M_{H}^{n}$.

$$
d(y, q)<d(\bar{y}, \bar{q})<d(\bar{y}, \bar{p})=d(y, p)
$$

Thus $\operatorname{vol}\left(M_{p}\right) \leq \operatorname{vol}(n, H, r)=V / 6$.
This theorem implies the following: If $d(p, q)<\delta$ then there is $H(t, p, q)$ that deforms $q$ to $p$ and $L\left(H_{t}(p, q)\right) \leq R d(p, q)$, where $R=1 / \cos (\pi / 2-\epsilon)$ (c.f. proof of isotopy lemma).

If $\left(\sigma_{1}(t), \sigma_{2}(t)\right):[a, b] \rightarrow M \times M$ realizes the distance from $(p, q)$ to $\Delta$ then $\sigma^{\prime}(b)=-\sigma_{2}^{\prime}(b)$. Thus $\sigma_{2} \cdot \sigma_{1}$ is a minimal geodesic connecting $p$ and $q$. Thus minimal geodesics $(p, q) \rightarrow \Delta$ are in 1-1 correspondence with minimal geodesics $p \rightarrow q$.

We proved that if $f_{1}: X \rightarrow M, f_{2}: X \rightarrow M$ where $M$ satisfies (*) then $d\left(f_{1}(x), f_{2}(x)\right)<\delta D / 2$ then $f_{1}, f_{2}$ are homotopic to each other. Also, if $d(p, q)<\delta$ then there is $H_{t}$ from $q$ to $p$ such that $L\left(H_{t}\right) \leq R d(p, q)$.

Lemma 3.3.7 (Center of Mass) Suppose $\left\{p_{0}, \ldots, p_{k}\right\} \subset B(p, r) \subset M$, where $M$ satisfies (*). Assume

$$
2 r \frac{R^{k}-1}{R-1}<\delta
$$

Then for a simplex

$$
\Delta^{k}=\left\{\left(x_{0}, \ldots, x_{k}\right) \in \mathbb{R}^{k+1}: \sum x_{i}=1, x_{i} \in[0,1]\right\}
$$

there is a continuous map $f: \Delta^{k} \rightarrow B\left(p, r+2 r R \frac{R^{k}-1}{R-1}\right) \subset M$ such that $f\left(e_{i}\right)=p_{i}, 1$ where $e_{i}$ is the $i$ th vertex of $\Delta^{k}$.

Proof Induction: If $k=1$ we use the previous lemma. Assume true for $k$. We have $p_{0}, \ldots, p_{k+1} \in B(p, r)$ and $2 r \frac{R^{k+1}-1}{R-1}<\delta$. Find $f: \Delta^{k} \rightarrow$ $B\left(p, r+2 r R \frac{R^{k}-1}{R-1}\right)$ such that $f\left(e_{i}\right)=p_{i}, 0 \leq i \leq k$. Define

$$
\bar{f}\left(x_{0}, \ldots, x_{k+1}\right)=H\left(x_{k+1}, f\left(\frac{x_{0}}{\sum x_{i}}, \ldots, \frac{x_{k}}{\sum x_{i}}\right), p_{k+1}\right)
$$

This is well defined and continuous provided

$$
d\left(f\left(\frac{x_{0}}{\sum x_{i}}, \ldots, \frac{x_{k}}{\sum x_{i}}, p_{k+1}\right)<\delta .\right.
$$

But

$$
\begin{aligned}
d\left(f\left(\frac{x_{0}}{\sum x_{i}}, \ldots, \frac{x_{k}}{\sum x_{i}}, p_{k+1}\right)\right. & \leq d(f(\cdots), p)+d\left(p, p_{k+1}\right) \\
& \leq 2 r R \frac{R^{k}-1}{R-1}+r+r \\
& =2 r\left(1+R \frac{R^{k}-1}{R-1}\right. \\
& =2 r \frac{R^{k+1}-1}{R-1}<\delta
\end{aligned}
$$

Also

$$
\begin{aligned}
d\left(\bar{f}\left(x_{0}, \ldots, x_{k+1}, p_{k+1}\right)\right. & \leq R d\left(f(\cdots), p_{k+1}\right) \\
& \leq R \cdot 2 R \frac{R^{k+1}-1}{R-1}
\end{aligned}
$$

The next tool we will use will be the Gromov-Hausdorff distance, with which we will measure the closeness of $M^{n}$ satisfying ( $*$ ).
(Insert definitions/basic results regarding Gromov-Hausdorff distance)

Lemma 3.3.8 For any two manifolds $M$ and $N$ satisfying $(*)$ there is $\epsilon(n, H, V, D)>$ 0 such that if $d_{G H}(M, N)<\epsilon M, N$ are homotopy equivalent.

Proof Triangulate $M, N$ so that any simplex lies in a ball of radius $\epsilon$. Use this triangulation of $M$ to construct a continuous map $f: M \rightarrow N$. Let $\left\{p_{\alpha}\right\}$ denote the vertices of the triangulation $M$. Since $d_{G H}(M, N)<\epsilon$ there are $q_{\alpha} \in N$ such that $d\left(p_{\alpha}, q_{\alpha}\right)<\epsilon$.

Let $\left\{p_{\alpha_{0}}, \ldots, p_{\alpha_{n}}\right\}$ be a simplex in $M$. Then $\left\{p_{\alpha_{0}}, \ldots, p_{\alpha_{n}}\right\} \subset B(x, \epsilon)$ for some $x \in M$ and $\left\{q_{\alpha_{0}}, \ldots, q_{\alpha_{n}}\right\} \subset B\left(q_{\alpha_{0}}, 4 \epsilon\right)$.

If $8 \epsilon R \frac{R^{n}-1}{D-1}<\delta$ there is a continuous map $f:\left\{p_{\alpha_{0}}, \ldots, p_{\alpha_{n}}\right\} \rightarrow N$, which gives a map $f: M \rightarrow N$. For $x \in M$, assume $x$ lies in the simplex spanned by $\left\{p_{\alpha_{0}}, \ldots, p_{\alpha_{n}}\right\}$. Then

$$
\begin{aligned}
d(x, f(x)) & \leq d\left(x, p_{\alpha_{0}}\right)+d\left(p_{\alpha_{0}}, f(x)\right) \\
& \leq 2 \epsilon+d\left(p_{\alpha_{0}}, q_{\alpha_{0}}\right)+d\left(q_{\alpha_{0}}, f(x)\right) \\
& \leq 3 \epsilon+d\left(q_{\alpha_{0}}, f(x)\right) \\
& \leq 3 \epsilon+4 \epsilon+8 \epsilon R \frac{R^{n}-1}{R-1} \\
& \leq 7 \epsilon+8 \epsilon R \frac{R^{n}-1}{R-1}
\end{aligned}
$$

Similarly we have $g: N \rightarrow M$ with $d(y, g(y)) \leq 7 \epsilon+8 \epsilon R \frac{R^{n}-1}{R-1}$ for $y \in N$. Consider $f \circ g$ and $g \circ f$ :

$$
\begin{aligned}
d(g \circ f(x), x) & \leq d(g \circ f(x), f(x))+d(x, f(x)) \\
& \leq 14 \epsilon+16 \epsilon R \frac{R^{n}-1}{R-1} .
\end{aligned}
$$

Similarly for $f \circ g$. Pick $\epsilon$ so $14 \epsilon+16 \epsilon R \frac{R^{n}-1}{R-1}<\delta$. Then $g \circ f \simeq \mathrm{id}_{M}$ and $f \circ g \simeq \mathrm{id}_{N}$.

Theorem 3.3.10 (Grove-Petersen 1988) - The class of Riemannian manifolds $M^{n}$ with $K_{M} \geq H, \operatorname{vol}_{M} \geq V$ and diam $(M) \leq D$ has only finitely many homotopy types.

Proof If $M_{1}, M_{2}$ satisfy the above conditions, $(*)$, then there is $\epsilon(n, H, V, D)$ such that $D_{G H}\left(M_{1}, M_{2}\right)<\epsilon$ implies $M_{1}, M_{2}$ homotopy equivalent. But the class $\mathcal{C}$ of manifolds satisfying (*) is precompact, so $\mathcal{C}$ can be covered by finitely many $\epsilon$-balls. Thus there are only finitely many homotopy types.

Theorem 3.3.11 (Cheeger's Finiteness Theorem) For the class of manifolds $M^{n}$ with $\left|K_{M}\right| \leq H$, $\operatorname{diam}(M) \leq D$ and $\operatorname{vol}_{M} \geq V$, there is $\epsilon=$ $\epsilon(n, H, D, V)>0$ such that if $d_{G H}\left(M_{1}, M_{2}\right)<\epsilon$ then $M_{1} \stackrel{\text { diffeo }}{\sim} M_{2}$.

Convergence of maps Let $\phi_{i}: \Omega \subset \mathbb{R}^{n} \rightarrow \mathbb{R}^{k}$ be a sequence of maps. $\phi_{i} \rightarrow \phi$ in the $\mathcal{C}^{m, \alpha}$ topology if $\left\|\phi_{i}-\phi\right\|_{\mathcal{C}^{m, \alpha}} \rightarrow 0$ as $i \rightarrow \infty$. Here

$$
\|U\|_{\mathcal{C}^{m, \alpha}}=\|U\|_{\mathcal{C}^{m}}+\sum_{|i|=m}\left\|\partial^{i} U\right\|_{\alpha}
$$

where $i=\left(i_{1}, \ldots, i_{n}\right),|i|=i_{1}+\cdots+i_{n}$ and for $U\left(x_{1}, \ldots, x_{n}\right)$ we have

$$
\partial^{i} U=\frac{\partial^{|i|} U}{\partial^{i_{1}} x_{1} \cdots \partial^{i_{n}} x_{n}}
$$

Also,

$$
\|U\|_{\mathcal{C}^{m}}=\sup _{x \in \Omega}|U(x)|+\sum_{|i| \leq m} \sup _{x \in \Omega}\left|\partial^{i} U(x)\right|
$$

and

$$
\|U\|_{\alpha}=\sup _{x, y \in \Omega} \frac{|U(x)-U(y)|}{|x-y|^{\alpha}} .
$$

A sequence of manifolds $\left(M_{i}^{n}, g_{i}\right)$ converges to $(M, g)$ in the $\mathcal{C}^{m, \alpha}$ topology if there are diffeomorphism $\phi_{i}: M \rightarrow M_{i}$ for $i$ large such that $\phi_{i}^{*} g_{i} \rightarrow g$ in the $\mathcal{C}^{m, \alpha}$ topology.

Theorem 3.3.12 (Cheeger-Gromov Compactness) The class of $M^{n}$ with $\left|K_{M}\right| \leq H, \operatorname{diam}(M) \leq D$ and $\operatorname{vol}_{M} \geq V(*)$ is precompact in the $C^{1, \alpha}$ topology for $\alpha \in(0,1)$. We also have $\operatorname{inj}_{M} \geq i(n, H, V, D)>0$.

Theorem 3.3.13 (Anderson 1990) The class of $M^{n},\left|\operatorname{Ric}_{M}\right| \leq(n-1) H$, $\operatorname{inj}_{M} \geq i_{0}$ and $\operatorname{diam}(M) \leq D$ is precompact in the $\mathcal{C}^{1, \alpha}$ topology. If we only have $\operatorname{Ric}_{M} \geq(n-1) H$ then the class is precompact in the $\mathcal{C}^{0, \alpha}$ topology.

Idea of Proof Use harmonic coordinates.
Theorem 3.3.14 (Cheeger-Colding) If $M^{n}$ is a closed manifolds there exists and $\epsilon(M)>0$ such that if $N^{n}$ is a manifold with Ric $\geq-(n-1)$ and $d_{G H}(M, N)<\epsilon$ then $M \stackrel{\text { diffeo }}{\simeq} N$.

This result is true even though $M^{n}$ with Ric $\leq(n-1) H$, vol $\geq V$ and diam $\leq D$ has infinitely many homotopy types.

Theorem 3.3.15 (Colding) For $r>0$ consider all metric balls of radius $r$ in all complete Riemannian manifolds $M^{n}$ with Ric $\geq-(n-1)$. The volume function is continuous with respect to the Gromov-Hausdorff topology.


[^0]:    ${ }^{1}$ implies $\operatorname{diam}(M)>\pi / 2$.

