## 4

## Tubular Chart

In this section we show that for a given $C^{3}$ vector field, it is possible to find, for a non-periodic point $p \in M$, an open neighborhood $U$ of $p$ and a $C^{2}$ diffeomorphism $F: F^{-1}(U) \subset \mathbb{R}^{d} \rightarrow U \subset M$ with some nice properties (Theorem 4.0.15). This chart will allow us to construct the perturbed vector field in the Euclidean space and to compute the volume crushing that characterizes the non-existence of acips.

Let Leb denote the Lebesgue measure on $\mathbb{R}^{d}$.
Definition 4.0.13 Given a constant $C>1$, we say that a measure $m \ll$ Leb, supported in some open subset $U \subset \mathbb{R}^{d}$, is $C$-sliced if its density

$$
\frac{d m}{d \operatorname{Leb}}\left(x_{1}, \ldots, x_{d}\right)=\omega\left(x_{1}\right)
$$

depends only on the first coordinate and is such that

1. $\omega$ is $C^{1}$;
2. $\omega(t)>0$ for all $t$;
3. $\frac{\omega^{\prime}(t)}{\omega(t)} \leq C$ for all $t$.

Definition 4.0.14 Let $U \subset \mathbb{R}^{d}$ be a Borel set. We say that two measures $m_{1}$, $m_{2}$ on $U$ are comparable if

$$
\frac{1}{2} \leq \frac{m_{1}(S)}{m_{2}(S)} \leq 2,
$$

for all Borel subsets $S \subset U$.
Theorem 4.0.15 (Tubular Chart's Theorem) Given a $C^{3}$ vector field $X$ on $M$ and a $C^{2}$ cross-section $\Sigma \subset M$, there exists a constant $C \geq 1$ with the following properties. For any non-periodic point $p \in \Sigma$ and any $T>0$, there exists a neighborhood $V$ of $p$, an open set $U \subset \mathbb{R}^{d}$, and a $C^{2}$-diffeomorphism $F: U \rightarrow F(U) \subset M$ such that:

1. $\varphi^{t}(V) \subset F(U)$ for all $t \in[-1, T+1]$;
2. $\varphi^{t}(p)=F(t, 0, \ldots, 0)$, for all $t \in[-1, T+1]$;
3. the vector field $X$ is tangent to the submanifold $F\left(\left(\mathbb{R}^{d-1} \times\{0\}\right) \cap U\right)$;
4. $F^{-1}(\Sigma \cap V) \subset\{0\} \times \mathbb{R}^{d-1}$;
5. $\mathrm{NC}\left(D\left(\left.F^{-1}(q)\right|_{T_{q} \Sigma}\right) \leq C\right.$, for all $q \in \Sigma \cap V$;
6. $\|D F(z)\| \leq C$, for all $z \in U$;
7. $\left\|D F(z) e_{d}\right\| \cdot\left\|D F^{-1}(F(z))\right\| \leq C$, for all $z \in U$ (where $e_{d}=(0, \ldots, 0,1) \in$ $\mathbb{R}^{d}$ );
8. $\left\|D^{2} F(z)\left(\cdot, e_{d}\right)\right\| \cdot\left\|D F^{-1}(F(z))\right\| \leq C$, for all $z \in U$;
9. if $m$ is the Riemannian volume on $M$ then $\left(F^{-1}\right)_{*}\left(\left.m\right|_{F(U)}\right)$ is comparable to a C-sliced measure $\hat{m}$ on $U$;
10. letting $\left\{P_{p}^{t}\right\}$ (resp. $\left\{\hat{P}_{0}^{t}\right\}$ ) be the linear Poincaré flow with base-point $p$ (resp. 0) for the vector field $X$ on $M$ (resp. $\hat{X} \equiv\left(F^{-1}\right)_{*} X$ on $U$ ), we have $\left\|P_{p}^{t, s}\right\|=\left\|\hat{P}_{0}^{t, s}\right\|$ for all $t, s \in[0, T]$.

In order to clarify the significance of this result, we comment informally how it fits in our general strategy:

- The purpose of the Theorem 4.0.15 is to put the vector field on a neighborhood of a segment of orbit in a kind of standard form in order to make it easier to find perturbations with a (local) crushing property.
- Conditions 2, 3 and 4 mean that the chart "straightens" respectively a segment of trajectory, a codimension 1 invariant submanifold containing this trajectory, and the disk $\Sigma$; see Figure 4.1.
- The change of coordinates should be uniformly controlled in several ways; this is expressed by a single control parameter $C$. If $C$ were allowed to depend on the time length $T$, the result would be much easier; indeed, in that case one could take a change of coordinates with stronger and simpler properties. However, it is essential to our strategy that $C$ does not depend on $T$.
- The diffeomorphism $F$ can be highly non-conformal. (In fact, we will see in the proof that the expansion rates along hyperplanes $\{t\} \times \mathbb{R}^{d-1}$ can be much smaller than along the line $\mathbb{R} \times\{0\}^{d-1}$.) Nevertheless, its restriction to $\Sigma \cap V$ is approximately conformal, as stated in condition 5.


Figure 4.1: Tubular Chart

- We follow the strategy of [AB1] and try to crush volumes in one dimension only, and so to make $d$-dimensional objects essentially ( $d-1$ )dimensional. We will crush volume towards the codimension 1 submanifold $F\left(\left(\mathbb{R}^{d-1} \times\{0\}\right) \cap U\right)$ Under the change of coordinates provided by the theorem, the new vector field needs only to be perturbed along the direction of the $d$-th coordinate. We call such perturbations vertical.
- By pulling back a vertical perturbation of $\hat{X}=\left(F^{-1}\right)_{*} X$, we should obtain a $C^{1}$-perturbation of $X$. Clearly, an upper bound on the $C^{1}$ distance of pulled-back vector fields should depend on the derivatives of $F$ and $F^{-1}$ up to second order. As we will see later, technical conditions 6,7 and 8 are precisely what is needed to make such control possible for vertical perturbations.
- It would be nice if the map $F^{-1}$ sent Riemannian volume in $M$ to a Lebesgue measure in $\mathbb{R}^{d}$ (or a constant multiple of it); however it seems difficult to impose this extra requirement. We notice, however, that to study the crushing property we can replace a measure by a comparable one (in the sense of Definition 4.0.14.) Condition 9 in Theorem 4.0.15 means that $F^{-1}$ sends Riemannian volume in $M$ to something comparable to Lebesgue measure in $\mathbb{R}^{d}$ times a factor which varies slowly with respect to time (in the sense of the last condition in Definition 4.0.13). Those conditions will be sufficient for our strategy to work, because our crushing estimates are basically done in "time snapshots" (similarly to what happens in [AB1]).
- Condition 10 implies the norm of Poincaré flow for the new vector field $\hat{X}$ grows at most as much as fast as for $X$. This technical condition is needed for the construction of the crushing perturbations.
- The construction of the chart $F$ uses the orthonormal frame flow (see $\S 2.4$ ), whose class of differentiability is one less than the flow on $M$. Since we need $F$ to be $C^{2}$, we ask $X$ to be $C^{3}$. And it is of course necessary to ask $\Sigma$ to be $C^{2}$, in view of condition 4 .

After those remarks, let us now prove Theorem 4.0.15:
Proof: By the Whitney embedding theorem, we can assume that $M$ is embedded in $\mathbb{R}^{N}$, for some large $N>d$. Moreover, by the Nash Embedding Theorem, we can assume that the Riemannian metric on $M$ is inherited from the Euclidean metric on $\mathbb{R}^{N}$. (One could avoid appealing to Nash's theorem by noticing that, since $M$ is compact, a change of Riemannian metric is absorbed by a change of the constants in the statement of Theorem 4.0.15. Alternatively, since our main theorem does not depend on the choice of the Riemannian metric, we could have fixed a priori any suitable Riemannian metric to work with.)

Fix a normal tubular neighborhood $M^{\epsilon} \subset \mathbb{R}^{N}$ of $M$ of some width $\epsilon>0$, and the associate bundle projection $\pi: M^{\epsilon} \rightarrow M$; more precisely, $M^{\epsilon}=\left\{z \in \mathbb{R}^{N}: d(z, M) \leq \epsilon\right\}$, and for each $z \in M^{\epsilon}, \pi(z)$ is the point in $M$ which is closest to $z$.

Fix $X \in \mathfrak{X}^{3}(M)$. For any point $p \in M$ and any orthonormal frame $\mathfrak{f}=\left(v_{1}, \ldots, v_{d}\right)$ at $T_{p} M$, we will define a map $G_{p, \mathrm{f}}: \mathbb{R} \times B_{\epsilon} \rightarrow M$, where $B_{\epsilon}$ is the closed ball in $\mathbb{R}^{d-1}$ of center 0 and radius $\epsilon$, as follows. Let $\left\{\left(v_{1}(t), \ldots, v_{d}(t)\right)\right\}_{t \in \mathbb{R}}$ be the trajectory of the orthonormal frame flow induced by $X$ (recall § 2.4), with initial conditions

$$
v_{i}(0)=v_{i}, \quad 1 \leq i \leq d
$$

Then we define

$$
\begin{array}{rcc}
G_{p, f}: & \mathbb{R} \times B_{\epsilon} & \rightarrow M \\
\left(x_{1}, x_{2}, \ldots, x_{d}\right) & \mapsto & \mapsto\left(\varphi^{x_{1}}(p)+\sum_{j=2}^{d} x_{j} v_{j}\left(x_{1}\right)\right)
\end{array}
$$

Since the orthonormal frame flow is $C^{2}$ (because $X$ is $C^{3}$ ), this map is $C^{2}$. Moreover, by compactness of the orthonormal frame bundle, we can find a constant $C_{0}$ such that

$$
\begin{equation*}
\left\|D G_{p, f}(z)\right\| \leq C_{0}, \quad\left\|D^{2} G_{p, f}(z)\right\| \leq C_{0} \tag{4.1}
\end{equation*}
$$

for all $p \in \Sigma$, all orthonormal frames $\mathfrak{f} \in \mathfrak{F}_{p}$, and all $z \in \mathbb{R} \times B_{\epsilon}$.
Now assume that $p \in M$ is nonsingular (i.e., $X(p) \neq 0$ ) and $\mathfrak{f} \in \mathfrak{F}_{p}$ satisfies

$$
\begin{equation*}
\mathfrak{f}=\left(v_{1}, \ldots, v_{d}\right) \quad \text { where } \quad v_{1}=\frac{X(p)}{\|X(p)\|} . \tag{4.2}
\end{equation*}
$$

Since $G\left(x_{1}, 0, \ldots, 0\right)=\varphi^{x_{1}}(p) \in M$, and $\pi$ is a $C^{\infty}$ retraction onto $M$, the partial derivatives of $G_{p, \mathrm{f}}$ at $\left(x_{1}, 0 \ldots, 0\right)$ are given by:

$$
D G_{p, f}\left(x_{1}, 0, \ldots, 0\right) \cdot e_{j}= \begin{cases}X\left(\varphi^{x_{1}}(p)\right)=\left\|X\left(\varphi^{x_{1}}(p)\right)\right\| v_{1}\left(x_{1}\right) & \text { if } j=1  \tag{4.3}\\ v_{j}\left(x_{1}\right) & \text { if } j \geq 2\end{cases}
$$

where $\left(e_{1}, \ldots, e_{d}\right)$ is the canonical basis of $\mathbb{R}^{d}$. In particular, the map $G_{p, f}$ is a local diffeomorphism at each point in the line $\mathbb{R} \times\{0\}^{d-1}$ (under the assumptions $X(p) \neq 0$ and (4.2)).

Next, fix a $C^{2}$ cross-section $\Sigma \subset M$. Notice that the pairs $(p, \mathfrak{f})$ where $p \in \Sigma$ and $\mathfrak{f} \in \mathfrak{F}_{p}$ satisfies (4.2) form a compact set. Since $\Sigma$ is $C^{2}$ and transverse to $X$, for each such $p$ and $\mathfrak{f}$, there is a neighborhood $V_{p}$ of $p$ such that

$$
\begin{equation*}
G_{p, f}^{-1}\left(\Sigma \cap V_{p}\right)=\left\{(x, u) \in \mathbb{R} \times \mathbb{R}^{d-1}: x=g_{p, f}(u)\right\} \tag{4.4}
\end{equation*}
$$

where $g_{p, f}$ is a $C^{2}$ function on a open neighborhood of 0 in $\mathbb{R}^{d-1}$. By compactness, there is a constant $C_{1}$ such that

$$
\begin{equation*}
\left\|D g_{p, f}(0)\right\| \leq C_{1}, \quad\left\|D^{2} g_{p, f}(0)\right\| \leq C_{1} \tag{4.5}
\end{equation*}
$$

for all $p \in \Sigma$ and $\mathfrak{f}$ satisfying (4.2). Also notice that $g_{p, f}(0)=0$.
Now fix $p \in \Sigma$ and $T>0$. The constant $C$ that appears in the statement of the Theorem will be exhibited later, but it will not depend on $p$ and $T$.

Let $v_{1}$ be given by (4.2). Choose some unit vector

$$
\begin{equation*}
v_{d} \in T_{p} \Sigma \cap(X(p))^{\perp} \tag{4.6}
\end{equation*}
$$

(which is possible because we are assuming that $d \geq 3$ ). Next, choose vectors $v_{2}, \ldots, v_{d-1}$ such that $\mathfrak{f}=\left(v_{1}, v_{2}, \ldots, v_{d}\right)$ is an orthonormal $d$-frame on $T_{p} M$. (See Figure 4.2.)


Figure 4.2: Choice of the initial orthonormal frame for $d=3$.
Define

$$
\begin{equation*}
\alpha \equiv \min _{t \in[-2, T+2]}\left\|X\left(\varphi^{t}(p)\right)\right\| \tag{4.7}
\end{equation*}
$$

For simplicity of notation, let $G=G_{p, \mathrm{f}}$ and $g=g_{p, \mathrm{f}}$. Define the following linear isomorphism

$$
\begin{aligned}
& L_{\alpha}: \mathbb{R}^{d} \\
&\left(x_{1}, x_{2}, \ldots, x_{d}\right) \mapsto\left(\mathbb{R}^{d}\right. \\
& \mapsto\left(x_{1}, \alpha x_{2}, \ldots, \alpha x_{d}\right)
\end{aligned}
$$

Let

$$
F_{1}=G \circ L_{\alpha}
$$

So (4.3) gives

$$
D F_{1}\left(x_{1}, 0, \ldots, 0\right)=\left(\begin{array}{llll}
\left\|X\left(\varphi^{x_{1}}(p)\right)\right\| & & &  \tag{4.8}\\
& \alpha & & \\
& & \ddots & \\
& & & \alpha
\end{array}\right)
$$

where the matrix is relative to the bases $\left(e_{1}, \ldots, e_{d}\right)$ in $\mathbb{R}^{d}$ and $\left(v_{1}\left(x_{1}\right), \ldots, v_{d}\left(x_{1}\right)\right)$ in $T_{\varphi^{x_{1}}(p)} M$. By the inverse function theorem, there exists a neighborhood $U_{1}$ of $[-2, T+2] \times\{0\}^{d-1}$ such that $F_{1} \mid U_{1}$ is a diffeomorphism onto an open subset of $M$.

Notice that $F_{1}$ already satisfies property 2 , that is, $F_{1}(t, 0, \ldots, 0)=\varphi^{t}(p)$. The role of $F_{4}$ is basically to straighten two codimension 1 submanifolds in order to obtain properties 3 and 4.

We split $\mathbb{R}^{d}$ as $\mathbb{R} \times \mathbb{R}^{d-2} \times \mathbb{R}$ and take coordinates $(x, w, y)$ with $x \in \mathbb{R}$, $w \in \mathbb{R}^{d-2}, y \in \mathbb{R}$.

If follows from (4.4) that for a sufficiently small neighborhood $V \ni p$,

$$
\begin{equation*}
F_{1}^{-1}(\Sigma \cap V)=\left\{(x, w, y) \in \mathbb{R} \times \mathbb{R}^{d-1}: x=g(\alpha w, \alpha y)\right\} \tag{4.9}
\end{equation*}
$$

Recalling the choice (4.7) of $v_{d}$, we obtain:

$$
\begin{equation*}
\frac{\partial g}{\partial y}(0,0)=D g(0,0) \cdot e_{d}=0 \tag{4.10}
\end{equation*}
$$

Define a diffeomorphism on a neighborhood of $[-2, T+2] \times \operatorname{dom}(g) \subset \mathbb{R}^{d}$ by

$$
F_{2}(x, w, y)=(x-g(\alpha w, \alpha y), w, y)
$$

So $F_{2} \circ F_{1}^{-1}(\Sigma \cap V) \subset\{0\} \times \mathbb{R}^{d-2} \times \mathbb{R}$. Let $\left\{\tilde{\varphi}^{t}\right\}$ be the flow of the vector field $\left(F_{2} \circ F_{1}^{-1}\right)_{*} X$. Let $H$ be a small neighborhood of 0 in $\{0\} \times \mathbb{R}^{d-2} \times\{0\}$. Then

$$
\tilde{H} \equiv \bigcup_{t \in[-1, T+1]} \tilde{\varphi}^{t}(H)
$$

is a codimension 1 submanifold of $\mathbb{R}^{d}$ containing the line $[-1, T+1] \times\{0\}^{d-2} \times$ $\{0\}$.

Claim 4.0.16 The tangent space of $\tilde{H}$ at any point of this line is $\mathbb{R} \times \mathbb{R}^{d-2} \times$ $\{0\}$.

Proof of the Claim: It follows from the definition of the orthonormal frame flow that

$$
D \varphi^{t}(p) \cdot \operatorname{span}\left(v_{1}, \ldots, v_{d-1}\right)=\operatorname{span}\left(v_{1}(t), \ldots, v_{d-1}(t)\right)
$$

Notice that the image of this space under $D\left(F_{2} \circ F_{1}^{-1}\right)\left(\varphi^{t}(p)\right)$ is exactly the tangent space of $\tilde{H}$ at $(t, 0,0)$. The claim follows.

It follows from the claim that, reducing $H$ if necessary, the manifold $\tilde{H}$ is the graph of a function:

$$
\tilde{H}=\{(x, w, y): y=h(x, w)\}
$$

where $h: \operatorname{dom}(h) \subset \mathbb{R} \times \mathbb{R}^{d-2} \rightarrow \mathbb{R}$ satisfies

$$
\begin{equation*}
h(x, 0)=0 \quad \text { and } \quad D h(x, 0)=0 . \tag{4.11}
\end{equation*}
$$

(See Figure 4.3.)


Figure 4.3: The manifold $\tilde{H}$ as a graph
Define a diffeomorphism

$$
F_{3}(x, w, y)=(x, w, y-h(x, w))
$$

So $F_{3}(\tilde{H}) \subset \mathbb{R} \times \mathbb{R}^{d-1} \times\{0\}$. The compose map

$$
F_{3} \circ F_{2}(t, w, y)=(x-g(\alpha w, \alpha y), w, y-h(x-g(\alpha w, \alpha y), w))
$$

is a diffeomorphism; let $F_{2}=\left(F_{3} \circ F_{2}\right)^{-1}$, i.e.,

$$
F_{4}(x, w, y)=(x+g(\alpha w, \alpha y+\alpha h(x, w)), w, y+h(x, w)) .
$$

Let us check that $F=F_{1} \circ F_{4}$ satisfies all properties in the statement of the Theorem.

We have already mentioned that $F_{1}$ satisfies property 2 . Since $F_{4}$ fixes $\mathbb{R} \times\{0\}^{d-1}$, the map $F$ will clearly inherit this property.

Properties 4 and 3 are straightforward.
It follows from Property 4, that

$$
\begin{equation*}
\left.D F^{-1}(q)\right|_{T_{q} \Sigma}=\left.\left(D F\left(F^{-1}(q)\right)\right)^{-1}\right|_{\{0\} \times \mathbb{R}^{d-1}} \tag{4.12}
\end{equation*}
$$

Thus, in order to check Property 5, observe that $D F(0) \cdot e_{j}=\alpha v_{j}$ for $j=2, \ldots, d$. In particular, $D F(0)$ is conformal. Taking $C \geq 2$, Property 5 follows by taking a sufficiently small neighborhood $\tilde{V}=F^{-1}(V)$ of zero.

Using (4.11) and (4.10), we see that the derivative of $F_{4}$ on the points in $\mathbb{R} \times\{0\}^{d-2} \times\{0\}$ has the following (block) matrix expression:

$$
D F_{4}(t, 0,0)=\left(\begin{array}{ccc}
1 & \alpha \frac{\partial g}{\partial w}(0,0) & 0  \tag{4.13}\\
0 & \mathrm{id}_{d-2} & 0 \\
0 & 0 & 1
\end{array}\right)
$$

In particular, using (4.5) and the fact that $\alpha \leq\|X\|_{C^{0}}$, we obtain

$$
\begin{equation*}
\left\|\left(D F_{4}(x, 0,0)\right)^{ \pm 1}\right\| \leq C_{2}, \tag{4.14}
\end{equation*}
$$

where $C_{2}$ depends only on $X$ and $\Sigma$. Thus, reducing $U$ if necessary, we can assume that

$$
\begin{equation*}
\left\|\left(D F_{4}(z)\right)^{ \pm 1}\right\| \leq 2 C_{2} \quad \text { for all } z \in U \tag{4.15}
\end{equation*}
$$

It follows from (4.7) and (4.8) that $\left\|D F_{1}(x, 0,0)\right\| \leq\|X\|_{C^{0}}$. Reducing $U$ if necessary, we can assume that

$$
\begin{equation*}
\left\|D F_{1}\right\| \leq 2\|X\|_{C^{0}} \quad \text { on } F_{4}(U) \tag{4.16}
\end{equation*}
$$

Since $F=F_{1} \circ F_{4}$, it follows from (4.15) and (4.16) that property 6 is satisfied, provided the constant $C$ is chosen bigger that $4 C_{2}\|X\|_{C^{0}}$.

Using (4.8) and (4.13), we have

$$
\begin{aligned}
D F(x, 0,0) e_{d} & =D F_{1}\left(F_{4}(x, 0,0)\right) \cdot D F_{4}(x, 0,0) e_{d} \\
& =D F_{1}(x, 0,0) e_{d}=\alpha v_{d}(x)
\end{aligned}
$$

Reducing $U$, we obtain

$$
\begin{equation*}
\left\|D F(z) e_{d}\right\| \leq 2 \alpha \quad \text { for all } z \in U \tag{4.17}
\end{equation*}
$$

It follows from (4.7) and (4.8) that $\left\|D F_{1}^{-1}\left(\varphi^{x}(p)\right)\right\|=\alpha^{-1}$. So, using (4.14), we have

$$
\left\|D F^{-1}\left(\varphi^{x}(p)\right)\right\| \leq C_{2} \alpha^{-1}
$$

for all $x \in[0, T]$. Reducing $U$, if necessary, we obtain

$$
\begin{equation*}
\left\|D F^{-1}(F(z))\right\| \leq 2 C_{2} \alpha^{-1}, \quad \text { for all } z \in U \tag{4.18}
\end{equation*}
$$

Putting this together with (4.17), we obtain

$$
\left\|D F(z) e_{d}\right\| \cdot\left\|D F^{-1}(F(z))\right\| \leq 4 C_{2}
$$

that is, property 7 is verified, provided we choose $C \geq 4 C_{2}$.
Let us check property 8 . First observe that the linear map $D^{2} F(z)\left(e_{d}, \cdot\right)$ is the derivative of the map

$$
\begin{aligned}
z=(x, w, y) & \mapsto D F(z) \cdot e_{d} \\
& =D G\left(L_{\alpha} \circ F_{4}(z)\right) \circ L_{\alpha} \circ D F_{4}(z) \cdot e_{d} \\
& =D G\left(L_{\alpha} \circ F_{4}(z)\right) \cdot\left(\alpha \frac{\partial g}{\partial y}(w, y) \cdot e_{1}+\alpha \cdot e_{d}\right) \\
& =\alpha \Psi(z)
\end{aligned}
$$

where we define $\Psi$ as

$$
\Psi(x, w, y)=D G\left(L_{\alpha} \circ F_{4}(z)\right) \cdot\left(\frac{\partial g}{\partial y}(w, y) \cdot e_{1}+e_{d}\right)
$$

Using (4.1), (4.15), (4.5), and that $\alpha \leq\|X\|_{C_{0}}$, we see that $\|D \Psi\| \leq C_{3}$, for some constant $C_{3}$ depending only on $X$ and $\Sigma$. That is, $\left\|D^{2} F(z)\left(e_{d}, \cdot\right)\right\| \leq C_{3} \alpha$. Putting this together with (4.18), we conclude that property 8 is satisfied, provided $C \geq 2 C_{2} C_{3}$.

Let us check Property 9. For that matter, consider the measure $\hat{m}$ defined by

$$
\hat{m}(S)=\int_{S} \alpha^{d-1}\left\|X\left(\varphi^{t}(p)\right)\right\| d t d x_{2} \ldots d x_{d}
$$

where $S \subset U$ is a Borel set in $\mathbb{R}^{d}$.
Notice that we can represent $D F_{1}$ as a matrix that sends the orthonormal base $\left\{e_{1}, e_{d}, \ldots, e_{d}\right\}$ of $\mathbb{R}^{d}$ to the orthonormal base $\left\{v_{1}(t), v_{2}(t), \ldots, v_{d}(t)\right\}$ of $T_{\varphi^{t}(p)} M$. Thus the Jacobian of $F_{1}$ is the determinant of such matrix. Using
(4.8) and (4.13), we see that the Jacobian of $F$ along $(t, 0, \ldots, 0)$ is

$$
\operatorname{Jac}(F)(t, 0, \ldots, 0)=\alpha^{d-1}\left\|X\left(\varphi^{t}(p)\right)\right\|
$$

Therefore, we can reduce $U$ if necessary, to obtain

$$
\begin{equation*}
\frac{1}{2} \leq \frac{\operatorname{Jac}(F)(z)}{\alpha^{d-1}\left\|X\left(\varphi^{t}(p)\right)\right\|} \leq 2 \tag{4.19}
\end{equation*}
$$

for all $z \in U$.
By the change of variables formula,

$$
F_{*}^{-1}(m)(S)=m(F(S))=\int_{S} \operatorname{Jac}(F)\left(t, x_{1}, \ldots, x_{d}\right) d t d x_{2} \ldots d x_{d}
$$

which together with (4.19) leads us to conclude that $\hat{m}$ is comparable to $\left.F_{*}^{-1}(m)\right|_{F(U)}$. In order to show that $\hat{m}$ is a $C$-sliced measure, observe that if $\omega(t)=\alpha^{d-1}\left\|X\left(\varphi^{t}(p)\right)\right\|$, then

$$
\begin{aligned}
\omega^{\prime}(t) & \leq \alpha^{d-1}\left\|\frac{d X\left(\varphi^{t}(p)\right)}{d t}\right\| \\
& \leq \alpha^{d-1}\left\|D X\left(\varphi^{t}(p)\right) \cdot X\left(\varphi^{t}(p)\right)\right\| \\
& \leq \alpha^{d-1}\|D X\|_{C^{0}} \cdot\left\|X\left(\varphi^{t}(p)\right)\right\| \\
& \leq C \omega(t)
\end{aligned}
$$

provided that the constant $C$ is chosen bigger then the $C^{1}$-norm of $X$.
It only remains to check Property 10 . For that end, consider the canonical basis in $\mathbb{R}^{d}$ and the basis $\left(v_{1}(t), \ldots, v_{d}(t)\right)$ at the tangent space of $M$ at $\varphi^{t}(p)$. We can express linear maps as matrices according to those bases. Thus:

$$
\begin{aligned}
D \hat{\varphi}^{s}(t, 0,0) & =(D F(t+s, 0,0))^{-1} \circ D \varphi^{s}\left(\varphi^{t} p\right) \circ D F(t, 0,0) \\
& =\left(\begin{array}{cc}
\left\|X\left(\varphi^{t+s} p\right)\right\|^{-1} & * \\
0 & \alpha^{-1} \mathrm{id}
\end{array}\right)\left(\begin{array}{cc}
\frac{\left\|X\left(\varphi^{t+s} p\right)\right\|}{\left\|X\left(\varphi^{t} p\right)\right\|} & * \\
0 & P_{p}^{t, s}
\end{array}\right)\left(\begin{array}{cc}
\left\|X\left(\varphi^{t} p\right)\right\| & * \\
0 & \alpha \mathrm{id}
\end{array}\right) \\
& =\left(\begin{array}{cc}
1 & * \\
0 & P_{p}^{t, s}
\end{array}\right)
\end{aligned}
$$

So the matrices of $\hat{P}_{0}^{t, s}$ and $P_{p}^{t, s}$ coincide. Since we are taking matrices with respect to orthonormal bases, Property 10 is satisfied.

Remark 4.0.17 Notice that Theorem 4.0.15 provides no uniform estimate for the $C^{1}$ norm of the new vector field $\hat{X}=\left(F^{-1}\right)_{*} X$. It neither provides an
estimate for the $C^{2}$ norm of $F$ (and in fact, $\|F\|_{C^{2}}$ can be arbitrarily large, as shown by Example 4.0.18 below). However, no such estimates will be necessary.

Example 4.0.18 Let us exhibit one example where $\|F\|_{C^{2}}$ can be arbitrarily large. The example will be constructed in $M=\mathbb{R}^{3}$, but it is easy to adapt the construction to a compact manifold $M$ of dimension $d=3$. For $(x, w, y) \in \mathbb{R}^{3}$, define $X(x, w, y)=\left(1,0, w^{2}\right)$. The flow induced by $X$ is given by

$$
\varphi^{t}\left(x_{0}, w_{0}, y_{0}\right)=\left(x_{0}+t, w_{0}, y_{0}+w_{0}^{2} t\right)
$$

If $p=(0,0,0)$, Property 2 is already satisfied and, in particular, for any $T>0$ we have $\alpha=1$. Suppose $\Sigma$ is a disc in $\mathbb{R} \times\{0\} \times \mathbb{R}$. By (4.2) we have $v_{1}=(1,0,0)$; suppose we choose $v_{2}=(0,1,0), v_{3}=(0,0,1)$. Then the frame $\left(v_{1}(t), v_{2}(t), v_{3}(t)\right)$ does not depend on $t$ and $\tilde{H}$ is the graph of $h(x, w)=x w^{2}$ (See Figure 4.4). Since we are already placed in $\mathbb{R}^{3}$ and in a context where the cross-section $\Sigma$ and the base orbit are already "straight", the role of the diffeomorphism $F$ is to straighten $\tilde{H}$, that is

$$
F(x, w, y)=F_{4}(x, w, y)=(x, w, y+h(x, w)) .
$$

Observe that the curvature of the surface $\tilde{H}$ along the $x$-axis tends to infinity. In fact,

$$
\left\|D^{2} F(x, 0,0)\right\| \geq\left|\frac{\partial^{2} h(x, 0)}{\partial w^{2}}\right|=2|x|
$$

Therefore, the second derivative of $F$ is unbounded.
Let $F: U \subset \mathbb{R}^{d} \rightarrow F(U) \subset M$ be given by Theorem 4.0.15. As explained above, we need to compare the $C^{1}$ norm of a vector field $\hat{Y} \in \mathfrak{X}^{1}(U)$ and its push-forward $F_{*} \hat{Y} \in \mathfrak{X}^{1}(F(U))$. Actually we will only study this problem for vertical vector fields $\hat{Y}$; the norm comparison is then given by the following:

Proposition 4.0.19 Let $X \in \mathfrak{X}^{3}(M)$ and $F: U \subset \mathbb{R}^{d} \rightarrow F(U) \subset M$ be given by Theorem 4.0.15. If $\Psi: \mathbb{R}^{d} \rightarrow \mathbb{R}$ is a $C^{1}$ map and $\hat{Y} \in \mathfrak{X}^{1}(\hat{U})$ is a vector field of the form

$$
\left(x_{1}, x_{2}, \ldots, x_{d}\right) \rightarrow\left(0, \Psi\left(x_{1}, x_{2}, \ldots, x_{d}\right), 0, \ldots, 0\right)
$$

then

$$
\left\|F_{*} \hat{Y}\right\|_{C^{1}} \leq 2 C\|\hat{Y}\|_{C^{1}}
$$

where $C>1$ is the constant given by Theorem 4.0.15.


Figure 4.4: The 1-codimensional submanifold $\tilde{H}=\left\{(x, w, y): y=x w^{2}\right\}$ in Example 4.0.18 is graph of a function with unbounded second derivative.

Proof: Let us denote $Y=F_{*} \hat{Y}$. First, note that

$$
\|Y\|_{C^{0}} \leq \max _{z \in U}\|D F(z)\| \cdot\|\hat{Y}\|_{C^{0}}
$$

From property 6 in Theorem 4.0.15, we obtain

$$
\|Y\|_{C^{0}} \leq C\|\hat{Y}\|_{C^{0}}
$$

Now, let us estimate the norm of the derivative. Observe that for a given $z \in U$ and $v$ in $T T_{z} M$ (which we can identify with $T_{z} M$, since $M$ is embedded in some $\mathbb{R}^{N}$ ), we have

$$
D Y(z) \cdot v=A \cdot v+B \cdot v
$$

where

$$
A \cdot v=D F\left(F^{-1}(z)\right) \cdot D \hat{Y}\left(F^{-1}(z)\right) \cdot D F^{-1}(z) \cdot v
$$

and

$$
B \cdot v=D^{2} F\left(F^{-1}(z)\right)\left(D F^{-1}(z) \cdot v, \hat{Y}\left(F^{-1}(z)\right)\right)
$$

In order to estimate $\|A\|$, note that $D \hat{Y}(p) \cdot w=(D \Psi(p) \cdot w) \cdot e_{d}$ and $\|D \Psi(p)\| \leq\|\hat{Y}\|_{C^{1}}$. Then

$$
\begin{aligned}
\|A\| & \leq\left\|D F\left(F^{-1}(z)\right) \cdot D \hat{Y}\left(F^{-1}(z)\right)\right\| \cdot\left\|D F^{-1}(z)\right\| \\
& \leq\left\|D F\left(F^{-1}(z)\right) \cdot e_{d}\right\| \cdot\|\hat{Y}\|_{C^{1}} \cdot\left\|D F^{-1}(z)\right\|
\end{aligned}
$$

From property 7 in Theorem 4.0.15,

$$
\|A\| \leq C\|\hat{Y}\|_{C^{1}}
$$

In order to estimate $\|B\|$, note that $\hat{Y}\left(F^{-1}(z)\right)=\Psi\left(F^{-1}(z)\right) \cdot e_{d}$ and $\left\|\Psi\left(F^{-1}(z)\right)\right\| \leq\|\hat{Y}\|_{C^{1}}$. Then

$$
\|B\| \leq \| D^{2} F\left(F^{-1}(z)\left(e_{d}, \cdot\right)\|\cdot\| \hat{Y}\left\|_{C^{1}} \cdot\right\| D F^{-1}(z) \| .\right.
$$

From property 8 of Theorem 4.0.15 we obtain

$$
\|B\| \leq C\|\hat{Y}\|_{C^{1}}
$$

and conclude that

$$
\|D Y(z)\| \leq 2 C\|\hat{Y}\|_{C^{1}}
$$

as claimed.

Now that we have presented the type of tubular chart we need in the proof of our result, we can define a $\kappa$-rectangle - a set with dimension $(d-1)$, transverse to the flow and with a specific geometry that will meet our future needs.

Definition 4.0.20 Given $0<\kappa<1$ we say that $U_{0} \subset \Sigma$ is a $\kappa$-rectangle if there exists $\rho>0$ and a tubular chart $F: U \rightarrow M$ such that

$$
F\left(\{0\} \times[-\kappa \rho, \kappa \rho] \times[-\rho, \rho]^{d-2}\right)=U_{0} .
$$

Remark 4.0.21 The bounded eccentricity of the Euclidean $\kappa$-rectangles implies clearly that they form a Vitali Cover of $\{0\} \times \mathbb{R}^{d-1}$. By Item (5) of Theorem 4.0.15 and Remark 2.7.5, we conclude that $\kappa$-rectangles form a Vitali Cover of $\Sigma \cap V$.

