

Before going on vacation one needs to finish the left-overs in the fridge:

A) $c(L) = \alpha(o)$ $\begin{cases} c(L) := \inf \{k \mid A_{L+k}(\gamma) \geq 0 \ \forall \gamma: [a,b] \rightarrow M \ \gamma(a) = \gamma(b)\} \\ \alpha(o) := -\min \{A_L(\mu) \mid \mu \text{ inv. measure}\} \end{cases}$

B) $\tilde{M} \subset \tilde{A}$ $\begin{cases} \tilde{M} = \bigcup_{\mu \text{ min.}} \text{supp } \mu; \tilde{A} = \{\gamma \in TM \mid \gamma \text{ is static}\} \\ \gamma: I \rightarrow \mathbb{R} \text{ static if } \forall s \leq t \ A^\gamma(s,t) := A_{L+c(L)}(\gamma|_{[s,t]}) = -\phi_{c(L)}(\gamma(t), \gamma(s)) \end{cases}$ Mañé potential
↑
 $\phi_{c(L)}(\gamma(s), \gamma(t))$

$I = \mathbb{R}$
↑
semi

C) Global Tonelli: minimizers are semi-static
 $\begin{cases} \gamma: I \rightarrow M \text{ Tonelli min. if } \forall s \leq t \ A^\gamma(s,t) = h_{t-s}(\gamma(s), \gamma(t)) \\ h_T: M \times M \rightarrow \mathbb{R}, \ h_T(x,y) = \min \{A_L(\eta) \mid \eta: [0,T] \rightarrow M, \eta(0) = x, \eta(T) = y\} \end{cases}$

A) $c(L) = \alpha(o)$

Lemma 1 For every $T_0 > 0 \exists C > 0$ s.t. $\forall \gamma: [0,T] \rightarrow M$ Tonelli min, $T \geq T_0 \Rightarrow \|\dot{\gamma}\|_\infty \leq C$. □

Prop 2 $c(L) \leq \alpha(o)$

Proof Let $k < c(L)$ and pick $x \in M$. Then $\phi_k(x,x) = -\infty$. Thus, \exists Tonelli min.

$\gamma_n: [0, T_n] \rightarrow M$ with $\gamma_n(0) = x = \gamma_n(T_n)$ s.t. $A_{L+k}(\gamma_n) \rightarrow -\infty$.

L bounded below $\Rightarrow T_n \rightarrow +\infty$. By Lemma 1, γ_n lie in a compact subset of TM .

Thus: $\mu_{\gamma_n} \rightarrow \mu$. T_n diverges $\Rightarrow \mu$ invariant. Hence:

$k - \alpha(o) \leq k + A_L(\mu) = A_{L+k}(\mu) \leq \liminf A_{L+k}(\mu_{\gamma_n}) = \liminf \frac{1}{T_n} A_{L+k}(\gamma_n) \leq 0$. □

Prop 3 $c(L) \geq \alpha(o)$

Proof Take μ min. and ergodic. By Birkhoff's ergodic thm (BET), there is $v \in TM$ s.t.
 $\forall k < \alpha(o): \lim_{T \rightarrow \infty} \frac{1}{T} A_{L+k}(\gamma_v|_{[0,T]}) = A_{L+k}(\mu) = -\alpha(o) + k < 0$.

Proof Take μ min. and ergodic. By Birkhoff's ergodic thm (BET), there is $v \in \mathbb{R}$ s.t.

$$\forall K < \alpha(0): \lim_{T \rightarrow \infty} \frac{1}{T} A_{L+K}(\gamma_V|_{[0,T]}) = A_{L+K}(\mu) = -\alpha(0) + K < 0.$$

Take η^T closed curve obtained concatenating $\gamma_V|_{[0,T]}$ with unit-speed geod. Since $T \rightarrow \infty$, we have $\lim_{T \rightarrow \infty} \frac{1}{T} A_{L+K}(\eta^T) = \lim_{T \rightarrow \infty} \frac{1}{T} A_{L+K}(\gamma_V|_{[0,T]})$. Hence, $A_{L+K}(\eta^T) < 0$ for T large. Thus, $K < c(L)$. \square

Below we take $c(L) = 0 = \alpha(L)$. [observe $c(L+K) = c(L) - K$]

B) $\tilde{M} \subset \tilde{A}$

Lemma 4 (X, d) metric space, $f: X \rightarrow X$ Borel map, ν ergodic Borel probability for f .

(Mañé) Then: For all integrable $\varphi: X \rightarrow \mathbb{R}$, $n_0 \in \mathbb{N}$, $\epsilon > 0 \exists n \geq n_0$ s.t. for a.e. $x \in X$:

$$(i) d(x, f^n(x)) < \epsilon, (ii) \left| \frac{1}{n} \sum_{j=0}^{n-1} \varphi(f^j(x)) - \int_X \varphi d\nu \right| < \frac{\epsilon}{n}. \quad \square$$

Rmk 5 (i) is just Poincaré recurrence. (ii) with ϵ instead of ϵ/n and for all $n \geq n_0$ instead of $\exists n \geq n_0$ would be just the BET. So (ii) says that for some n the arithmetic mean gets very close to the integral of φ .

Rmk 6 Applying Lemma 4 simultaneously for $n_0 \rightarrow +\infty$ and $\epsilon = n_0^{-1}$ to φ with $\int_X \varphi d\nu = 0$, we get $n_k \rightarrow \infty$ s.t. for a.e. $x \in X$: $f^{n_k}(x) \rightarrow x$, $\sum_{j=0}^{n_k-1} \varphi(f^j(x)) \rightarrow 0$.

Prop 7 $\text{supp } \mu \subset \tilde{A}$ for μ minimizing and ergodic.

Proof Use Lemma 4 with $X = TM$, $f = \text{EL-flow}$, $\nu = \mu$, $\varphi = L$. Since $\int_{TM} L d\mu = 0$, Rmk 6 implies: For a.e. $(x, v) \in TM \exists T_k \rightarrow +\infty, S_k \rightarrow -\infty$ s.t.

$$\gamma_V(S_k) \rightarrow v, \gamma_V(T_k) \rightarrow v, A^{\gamma_V}(S_k, T_k) \rightarrow 0. \text{ If } a \leq b, \text{ then:}$$

$$A^{\gamma_V}(a, b) = -A^{\gamma_V}(S_k, a) + A^{\gamma_V}(S_k, T_k) - A^{\gamma_V}(b, T_k)$$

$$\leq -\phi(\gamma_V(S_k), \gamma_V(a)) + A^{\gamma_V}(S_k, T_k) - \phi(\gamma_V(b), \gamma_V(T_k))$$

$$\rightarrow -\phi(x, \gamma_V(a)) + 0 - \phi(\gamma_V(b), x) \leq -\phi(\gamma_V(b), \gamma_V(a)).$$

Thus, \exists full measure set Z inside \tilde{A} . By the def. of support and since \tilde{A} is closed

$$\text{supp } \mu \subset \tilde{Z} \subset \tilde{A}. \quad \square$$

Thus, \exists full measure set Z inside A . By the def. of support and since A is closed $\text{supp } \mu \subset \bar{Z} \subset \tilde{A}$. \square

Rmk 8 Something more is true: Let μ be invariant. Then: μ is min. $\Leftrightarrow \text{supp } \mu \subset \tilde{N}$. If this happens, then $\text{supp } \mu \subset \tilde{A}$.

C) Global Tonelli minimizers (GTM) are semi-static

Def 9 Let $\gamma: I \rightarrow M$ be a Tonelli minimizer. If $I = [0, \infty)$, γ is called a positive ray. If $I = (-\infty, 0]$, γ is called a negative ray.

Lemma 10 $\forall x \in M \exists$ positive/negative ray starting/ending at x . There exist GTM.

Proof For all $T > 0$ let $\gamma^T: [0, T] \rightarrow M$ be a Tonelli min. with $\gamma^T(0) = x, \gamma^T(T) = x$. By Lemma 1 $\exists \gamma^{T_n}$ with $T_n \rightarrow \infty$ converging unif. on compact intervals to $\eta: [0, +\infty) \rightarrow M$. Check that η is a positive ray starting at x . Analogously we find a negative ray arriving at x . Since η is contained in a compact set, $\exists v \in TM$ and $S_n \rightarrow \infty$ s.t. $\eta(S_n) \rightarrow v$. We claim that γ_v is a GTM. Indeed, $\forall a > 0 \gamma_v|_{[-a, a]}$ is the uniform limit of $\gamma_{\eta(S_n)}|_{[-a, a]}$ which is a Tonelli min. since it is just the time shift of the Tonelli min. $\eta|_{[S_n - a, S_n + a]}$. \square

Rmk 11 From Leon's talk we know more: $\forall x \in M$ there are semi-static curves $\gamma^+: [0, +\infty) \rightarrow M, \gamma^-: (-\infty, 0] \rightarrow M$ with $\gamma^+(0) = x = \gamma^-(0)$. Semi-static curves defined on \mathbb{R} exist since $\tilde{N} \neq \emptyset$.

Def 12 For $x \in M$ and $s > 0$ let $f_s^x, g_s^x: M \rightarrow \mathbb{R}, f_s^x(y) := h_s(x, y), g_s^x(y) := -h_s(x, y)$.

Lemma 13 For all $t, s > 0: T_t^- f_s^x = f_{t+s}^x, T_t^+ g_s^x = g_{t+s}^x$.

Proof $T_t^- f_s^x(y) = \inf_{z \in M} [f_s^x(z) + h_t(z, y)] = \inf_{z \in M} [h_s(x, z) + h_t(z, y)] = h_{s+t}(x, y) = f_{s+t}^x(y)$. \square

Proof $T_t^- f_s^{\wedge}(y) = \inf_{z \in M} [f_s^{\wedge}(z) + h_t(z, y)] = \inf_{z \in M} [h_s(x, z) + h_t(z, y)] = h_{s+t}(x, y) = f_{s+t}^{\wedge}(y)$. \square

Lemma 14 For all $f: M \rightarrow \mathbb{R}$, $T_t^{\pm} f$ converges unif. to a Lipschitz function for $t \rightarrow \infty$. \square

Cor/Dfn 15 The Peierls barrier is the Lipschitz function $h: M \times M \rightarrow \mathbb{R}$ defined as $h(x, y) := \lim_{t \rightarrow \infty} h_t(x, y)$, where the limit is unif. in $M \times M$.
 Thus: $\exists C > 0$ s.t. $\forall \gamma: I \rightarrow M$ Tonelli min. $|A^{\gamma}(a, b)| \leq C$ for all $a \leq b$.

[minimal action with arbitrarily large period]

Lemma 16 For all $x, y, z, w \in M$, there holds:

- i) $\phi(x, y) \leq h(x, y) \leq \phi(x, z) + h(z, w) + \phi(w, y)$
- ii) $\gamma: \mathbb{R} \rightarrow M$ semistatic, $\gamma(0) = x, y \in \omega(\gamma) \Rightarrow h(x, y) = \phi(x, y)$
 $\gamma: \mathbb{R} \rightarrow M$ static, $\gamma(0) = x, y \in \omega(\gamma) \Rightarrow h(x, y) = -\phi(y, x)$.
- iii) $x \in \pi(\tilde{A}) \Leftrightarrow h(x, x) = 0$
- iv) $x \in \pi(\tilde{A})$ or $y \in \pi(\tilde{A}) \Rightarrow h(x, y) = \phi(x, y)$.

Proof i) exercise. iv) follows from i) and iii) taking $z=w=x$ or $z=w=y$.
 ii) Let $t_n \rightarrow \infty$ s.t. $\gamma(t_n) \rightarrow y$. $\forall n: h_{t_n}(x, \gamma(t_n)) = \begin{cases} \phi(x, \gamma(t_n)) & \text{for } \gamma \text{ semistatic} \\ -\phi(\gamma(t_n), x) & \text{for } \gamma \text{ static} \end{cases}$
 Now let $t_n \rightarrow \infty$ and use Cor 15. [try direct proof]
 iii) We only show " \Rightarrow ". Let $\gamma: \mathbb{R} \rightarrow M$ static, $\gamma(0) = x$ and take $y \in \omega(\gamma)$.
 By i) and ii), $0 = \phi(x, x) \leq h(x, x) \leq h(x, y) + \phi(x, y) = 0$. \square

Theorem 17 Rays are semi-static.

Proof Let $\gamma: [0, +\infty) \rightarrow M$ be a ray. For $0 \leq s \leq t$ set $\delta(s, t) := A^{\gamma}(s, t) - \phi(\gamma(s), \gamma(t))$.
 Since γ is a ray, $\delta(s, t) = h_{t-s}(\gamma(s), \gamma(t)) - \phi(\gamma(s), \gamma(t))$. By Cor 15, $\exists C > 0, 0 \leq \delta(s, t) \leq C \forall s, t$. We need to show $\delta(s, t) \equiv 0$.

Claim 1: $[s_1, t_1] \subset [s_2, t_2] \Rightarrow \delta(s_1, t_1) \leq \delta(s_2, t_2)$. [exercise using triang. ineq. for ϕ]
 Let $\delta(s, \infty) := \sup_{t \geq s} \delta(s, t) = \lim_{t \rightarrow \infty} \delta(s, t)$ and $\delta(\infty, \infty) := \inf_{s \geq 0} \delta(s, \infty) = \lim_{s \rightarrow \infty} \delta(s, \infty)$.

Claim 2: For $a \leq b \leq c$, $A^{\gamma}(a, b) + \phi(\gamma(b), \gamma(c)) = \phi(\gamma(a), \gamma(c)) + \delta(a, c) - \delta(b, c)$.

Claim 2: For $a \leq b \leq c$, $A^\delta(a, b) + \phi(\gamma(b), \gamma(c)) = \phi(\gamma(a), \gamma(c)) + \delta(a, c) - \delta(b, c)$.

Proof: $A^\delta(a, b) + \phi(\gamma(b), \gamma(c)) = A^\delta(a, b) + A^\delta(b, c) - \delta(b, c) = \underbrace{A^\delta(a, c)}_{= \phi(\gamma(a), \gamma(c)) + \delta(a, c)} - \delta(b, c)$. \square

Claim 3: If $v \in \omega(j)$, then $\gamma_v: \mathbb{R} \rightarrow M$ is static.

Proof: Take $t_n \rightarrow \infty$ with $j(t_n) \rightarrow v$. Fix $s > 0$ and let n, m such that $t_n + s < t_m - s$.

Apply Claim 2 with $a = t_n - s$, $b = t_n + s$, $c = t_m - s$:

$$A^\delta(t_n - s, t_n + s) + \phi(\gamma(t_n + s), \gamma(t_m - s)) = \phi(\gamma(t_n - s), \gamma(t_m - s)) + \delta(t_n - s, t_m - s) - \delta(t_n + s, t_m - s).$$

Take $m \rightarrow \infty$ and then $n \rightarrow \infty$ to get [keep in mind $A^\delta(t_n - s, t_n + s) = A^{\delta(t_n)}(-s, s)$]

$$A^{\delta_v}(-s, s) + \phi(\gamma_v(s), \gamma_v(-s)) = \phi(\gamma_v(-s), \gamma_v(-s)) + \delta(\infty, \infty) - \delta(\infty, \infty) = 0. \quad \square$$

It's over: By Claim 3, $\exists t_n \rightarrow \infty$ s.t. $\gamma(t_n) \rightarrow y \in \pi(\tilde{A})$. Then, Lemma 16.iv

$$\delta(s, \infty) = \lim_{n \rightarrow \infty} h_{t_n - s}(\gamma(s), \gamma(t_n)) - \phi(\gamma(s), \gamma(t_n)) = h(\gamma(s), y) - \phi(\gamma(s), y) \stackrel{\uparrow}{=} 0.$$

Thus, for all $t \geq s$ $0 \leq \delta(s, t) \leq \delta(s, \infty) = 0$.

