## OBTAINING SLIM TRIANGLES

0.1. Triangles in hyperbolic space are thin. Suppose that $X$ is a $\delta$-hyperbolic graph, choose $x, y, z$ vertices, and fix geodesics $h, k, l$ connecting these vertices cyclically. Recall that $\rho_{h}: X \rightarrow h$ is the closest points projection map.
Lemma 0.1. There is a point on $k$ within distance $2 \delta$ of $\rho_{h}(z)$.
Lemma 0.2. The diameter of $\left\{\rho_{h}(z), \rho_{k}(x), \rho_{l}(y)\right\}$ is at most $6 \delta$.
Lemma 0.3. Suppose that $z^{\prime}$ is another point in $X$ so that $d_{X}\left(z, z^{\prime}\right) \leq$ $R$. Then $d_{X}\left(\rho_{h}(z), \rho_{h}\left(z^{\prime}\right)\right) \leq 2 R+4 \delta$.
Lemma 0.4. Suppose that $h^{\prime}$ is another geodesic in $X$ so that the endpoints of $h^{\prime}$ are within distance $R$ of the points $x$ and $y$. Then $d_{X}\left(\rho_{h}(z), \rho_{h^{\prime}}(z)\right) \leq R+12 \delta$.
0.2. Index in a hole. Fix $\mathcal{G}(S)$ a "combinatorial complex." For the following definitions, we assume that $\alpha$ and $\beta$ are fixed vertices of $\mathcal{G}$.

For any hole $X$ and for any geodesic $h \in \mathcal{C}(X)$ connecting a point of $\pi_{X}(\alpha)$ to a point of $\pi_{X}(\beta)$ we also define $\rho_{h}: \mathcal{G} \rightarrow h$ to be the map $\pi_{X} \mid \mathcal{G}: \mathcal{G} \rightarrow \mathcal{C}(X)$ followed by closest points projection to $h$. Define index ${ }_{X}^{h}: \mathcal{G} \rightarrow \mathbb{N}$ to be the index in $X$ :

$$
\operatorname{index}_{X}^{h}(\sigma)=d_{X}\left(\alpha, \rho_{h}(\sigma)\right)
$$

Remark 0.5. Suppose that $h^{\prime}$ is a different geodesic connecting $\pi_{X}(\alpha)$ to $\pi_{X}(\beta)$. Then

$$
\left|\operatorname{index}_{X}^{h}(\sigma)-\operatorname{index}_{X}^{h^{\prime}}(\sigma)\right| \leq 12 \delta+2
$$

by Lemma 0.4. Thus, if we are willing to accept a small additive error, the choice of geodesic $h$ is irrelevant. Accordingly we will supress the superscript whenever possible.
0.3. Projection control. We say domains $X, Y \subset S$ overlap if $X$ and $Y$ intersect but are not nested. The following theorem (see Theorem 4.2.1 of Behrstock's thesis [1]) follows from Masur and Minsky's idea (see [2]) of time ordered domains in $S$ :
Theorem 0.6. There is a constant $M_{1}=M_{1}(S)$ with the following property. Suppose that $X, Y$ are overlapping non-simple domains. If $\gamma \in \mathcal{A C}(S)$ cuts both $X$ and $Y$ then either $d_{X}(\gamma, \partial Y)<M_{1}$ or $d_{Y}(\partial X, \gamma)<M_{1}$.

We also require a more specialized version of Theorem 0.6 for the case where $X$ and $Y$ are nested.
Lemma 0.7. There is a constant $M_{2}=M_{2}(S)$ with the following property. Suppose that $X \subset Y$ are nested non-simple domains. Fix $\alpha, \beta, \gamma \in \mathcal{A C}(S)$ which cut both $X$ and $Y$. Fix $k=\left[\alpha^{\prime}, \beta^{\prime}\right] \subset \mathcal{C}(Y)$, a geodesic connecting a point of $\pi_{Y}(\alpha)$ to a point of $\pi_{Y}(\beta)$. Assume that $d_{X}(\alpha, \beta) \geq M_{0}$, the constant given by the Bounded Image Lemma.

If $d_{X}(\alpha, \gamma) \geq M_{2}$ then

$$
\operatorname{index}_{Y}^{k}(\partial X)-4 \leq \operatorname{index}_{Y}^{k}(\gamma)
$$

Symmetrically, we have

$$
\operatorname{index}_{Y}^{k}(\gamma) \leq \operatorname{index}_{Y}^{k}(\partial X)+4
$$

if $d_{X}(\gamma, \beta) \geq M_{2}$.
0.4. Back and sidetracking. Fix $\sigma, \tau \in \mathcal{G}$. We say $\sigma$ precedes $\tau$ by at least $K$ in $X$ if

$$
\operatorname{index}_{X}(\sigma)+K \leq \operatorname{index}_{X}(\tau)
$$

We say $\sigma$ precedes $\tau$ by at most $K$ if the inequality is reversed. If $\sigma$ precedes $\tau$ then we say $\tau$ succeeds $\sigma$.

Now take $\mathcal{P}=\sigma_{i}$ to be a path in $\mathcal{G}$ connecting $\alpha$ to $\beta$. We assume that $\sigma_{i}$ and $\sigma_{i+1}$ are disjoint.

We now formalize a pair of properties enjoyed by unparametrized quasi-geodesics to the situation at hand. The path $\mathcal{P}$ backtracks at most $K$ if for every $X$ and all indices $i<j$ we find that $\sigma_{j}$ precedes $\sigma_{i}$ by at most $K$. The path $\mathcal{P}$ sidetracks at most $K$ if for every hole $X$ and every index $i$ we find that

$$
d_{X}\left(\sigma_{i}, \rho_{h}\left(\sigma_{i}\right)\right) \leq K,
$$

for some geodesic $h$ connecting a point of $\pi_{X}(\alpha)$ to a point of $\pi_{X}(\beta)$.
Remark 0.8. As in Remark 0.5, allowing a small additive error makes irrelevant the choice of geodesic in the definition of sidetracking. We note that, if $\mathcal{P}$ has bounded sidetracking, one may freely use in calculation whichever of $\sigma_{i}$ or $\rho_{h}\left(\sigma_{i}\right)$ is more convenient.

We now state our current goal:
Theorem 0.9. Fix $\mathcal{G}$, a combinatorial complex. There is a constant $K_{0}$ so that, for every $K_{1} \geq K_{0}$ there is a $\delta$ with the following property: If $T$ is a triangle in $\mathcal{G}$ whose sides backtrack and sidetrack at most $K_{1}$, then $T$ is $\delta$-slim.

We will prove this via a sequence of claims.
0.5. Finding the midpoint of a side. Let $K_{0}=\max \left\{M_{0}, 4 M_{1}, M_{2}, 8\right\}+$ $6 \delta$. Fix $K_{1} \geq K_{0}$. Let $\mathcal{P}, \mathcal{Q}, \mathcal{R}$ be the sides of a triangle in $\mathcal{G}$ with vertices at $\alpha, \beta, \gamma$. We may assume that each of $\mathcal{P}, \mathcal{Q}$, and $\mathcal{R}$ back and sidetracks at most $K_{1}$ in every hole.
Claim 0.10. If $\sigma_{i}$ precedes $\gamma$ in $X$ and $\sigma_{j}$ succeeds $\gamma$ in $Y$, both by at least $2 K_{1}$, then $i<j$.

Proof. To begin, as $X$ and $Y$ are holes, we need not consider the possibility that $X \cap Y=\emptyset$. If $X=Y$ we immediately deduce that

$$
\operatorname{index}_{X}\left(\sigma_{i}\right)+2 K_{1} \leq \operatorname{index}_{X}(\gamma) \leq \operatorname{index}_{X}\left(\sigma_{j}\right)-2 K_{1}
$$

Thus index ${ }_{X}\left(\sigma_{i}\right)+4 K_{1} \leq \operatorname{index}_{X}\left(\sigma_{j}\right)$. Since $\mathcal{P}$ backtracks at most $K_{1}$ we have $i<j$, as desired.

Suppose instead that $X \subset Y$. Since $\sigma_{i}$ precedes $\gamma$ in $X$ we immediately find $d_{X}(\alpha, \beta) \geq 2 K_{1} \geq M_{0}$ and $d_{X}(\alpha, \gamma) \geq 2 K_{1}-2 \delta \geq M_{2}$. Apply Lemma 0.7 to deduce index ${ }_{Y}(\partial X)-4 \leq \operatorname{index}_{Y}(\gamma)$. Since $\sigma_{j}$ succeeds $\gamma$ in $Y$ it follows that $\operatorname{index}_{Y}(\partial X)-4+2 K_{1} \leq \operatorname{index}_{Y}\left(\sigma_{j}\right)$. Again using the fact that $\sigma_{i}$ precedes $\gamma$ in $X$ we have that $d_{X}\left(\sigma_{i}, \beta\right) \geq M_{2}$. We deduce from Lemma 0.7 that index ${ }_{Y}\left(\sigma_{i}\right) \leq \operatorname{index}_{Y}(\partial X)+4$. Thus

$$
\operatorname{index}_{Y}\left(\sigma_{i}\right)-8+2 K_{1} \leq \operatorname{index}_{Y}\left(\sigma_{j}\right)
$$

Since $\mathcal{P}$ backtracks at most $K_{1}$ in $Y$ we again deduce that $i<j$. The case where $Y \subset X$ is handled in symmetric fashion.

Suppose now that $X$ and $Y$ overlap. Applying Theorem 0.6 and breaking symmetry, we may assume that $d_{X}(\gamma, \partial Y)<M_{1}$. Since $\sigma_{i}$ precedes $\gamma$ we have index ${ }_{X}(\gamma) \geq 2 K_{1}$. Thus, it follows that index ${ }_{X}(\partial Y) \geq$ $2 K_{1}-2 M_{1}-4 \delta$ and so

$$
d_{X}(\alpha, \partial Y) \geq 2 K_{1}-2 M_{1}-6 \delta \geq M_{1} .
$$

Applying Theorem 0.6 again, we find that $d_{Y}(\alpha, \partial X)<M_{1}$. Now, since $\sigma_{j}$ succeeds $\gamma$ in $Y$, we deduce that index ${ }_{Y}\left(\sigma_{j}\right) \geq 2 K_{1}$. Similar considerations to the above show that

$$
d_{Y}\left(\partial X, \sigma_{j}\right) \geq 2 K_{1}-M_{1}-2 \delta \geq M_{1}
$$

Applying Theorem 0.6 one last time, we find that $d_{X}\left(\partial Y, \sigma_{j}\right)<M_{1}$. Thus $d_{X}\left(\gamma, \sigma_{j}\right) \leq 2 M_{1}$. Finally, we deduce that the difference in index (in $X$ ) between $\sigma_{i}$ and $\sigma_{j}$ is at least $2 K_{1}-4 M_{1}-4 \delta$. Since this is again greater than $K_{1}$, it follows that $i<j$.

Let $\sigma_{\alpha} \in \mathcal{P}$ be the last vertex of $\mathcal{P}$ preceding $\gamma$ by at least $2 K_{1}$ in some hole. If no such vertex of $\mathcal{P}$ exists then take $\sigma_{\alpha}=\alpha$.

Claim 0.11. There is a constant $N_{1}=N_{1}(S)$ with the following property. For every hole $X$ and geodesic $h$ connecting $\pi_{X}(\alpha)$ to $\pi_{X}(\beta)$ :

$$
d_{X}\left(\sigma_{\alpha}, \rho_{h}(\gamma)\right) \leq N_{1}
$$

Proof. Since $\sigma_{i}$ and $\sigma_{i+1}$ are disjoint we have

$$
\left|\operatorname{index}_{X}\left(\sigma_{i+1}\right)-\operatorname{index}_{X}\left(\sigma_{i}\right)\right| \leq 4 \delta+2
$$

Since $\mathcal{P}$ is a path connecting $\alpha$ to $\beta$ the image $\rho_{h}(\mathcal{P})$ is $4 \delta+2-$ dense in $h$. Thus, if index ${ }_{X}\left(\sigma_{\alpha}\right)+2 K_{1}+4 \delta+2<\operatorname{index}_{X}(\gamma)$ then we have a contradiction to the definition of $\sigma_{\alpha}$.

On the other hand, if index ${ }_{X}\left(\sigma_{\alpha}\right) \geq \operatorname{index}_{X}(\gamma)+K_{1}$ then $\sigma_{\alpha}$ succeeds $\gamma$. This directly contradicts Claim 0.10.

We deduce that the difference in index between $\sigma_{\alpha}$ and $\gamma$ in $X$ is at most $2 K_{1}+4 \delta+2$. Finally, as $\mathcal{P}$ sidetracks by at most $K_{1}$ we have

$$
d_{X}\left(\sigma_{\alpha}, \rho_{h}(\gamma)\right) \leq 3 K_{1}+4 \delta+2
$$

as desired.
We define $\sigma_{\beta}$ to be the first $\sigma_{i}$ to succeed $\gamma$ by at least $2 K_{1}$ - if no such vertex of $\mathcal{P}$ exists take $\sigma_{\beta}=\beta$. If $\alpha=\beta$ then $\sigma_{\alpha}=\sigma_{\beta}$. Otherwise, from Claim 0.10, we immediately deduce that $\sigma_{\alpha}$ comes before $\sigma_{\beta}$ in $\mathcal{P}$. A symmetric version of Claim 0.11 applies to $\sigma_{\beta}$ : for every hole $X$

$$
d_{X}\left(\rho_{h}(\gamma), \sigma_{\beta}\right) \leq N_{1}
$$

0.6. Another side of the triangle. Recall now that we are also given a path $\mathcal{R}=\left\{\tau_{i}\right\}$ connecting $\alpha$ to $\gamma$ in $\mathcal{G}$. As before, $\mathcal{R}$ has bounded back and sidetracking. Thus we again find vertices $\tau_{\alpha}$ and $\tau_{\gamma}$ the last/first to precede/succeed $\beta$ by at least $2 K_{1}$. Again, this is defined in terms the closest points projection of $\beta$ to geodesics geodesics of the form $l=\left[\pi_{X}(\alpha), \pi_{X}(\gamma)\right]$. By Claim 0.11, for every hole $X, \tau_{\alpha}$ and $\tau_{\gamma}$ are close to $\rho_{l}(\beta)$.

By Lemma 0.2 , if $h=\left[\pi_{X}(\alpha), \pi_{X}(\beta)\right]$, then $d_{X}\left(\rho_{h}(\gamma), \rho_{l}(\beta)\right) \leq 6 \delta$. We deduce:
Claim 0.12. $d_{X}\left(\sigma_{\alpha}, \tau_{\alpha}\right) \leq 2 N_{1}+6 \delta$.
We now prove:
Claim 0.13. There is a constant $N_{2}=N_{2}(S)$ with the following property. For every $\sigma_{i} \leq \sigma_{\alpha}$ in $\mathcal{P}$ there is a $\tau_{j} \leq \tau_{\alpha}$ in $\mathcal{R}$ so that

$$
d_{X}\left(\sigma_{i}, \tau_{j}\right) \leq N_{2}
$$

for every hole $X$.

Proof. We only sketch the proof, as the details are similar to the discussion above. Fix $\sigma_{i} \leq \sigma_{\alpha}$. Fix a hole $X$ and geodesics $h=\left[\pi_{X}(\alpha), \pi_{X}(\beta)\right]$ and $l=\left[\pi_{X}(\alpha), \pi_{X}(\gamma)\right]$.

Suppose first that no vertex of $\mathcal{R}$ precedes $\sigma_{i}$ by more than $2 K_{1}$. Then $\rho_{l}\left(\sigma_{i}\right)$ in within distance $2 K_{1}$ of $\pi_{X}(\alpha)$. Since $d_{X}\left(\sigma_{\alpha}, \tau_{\alpha}\right) \leq 2 N_{1}+$ $6 \delta$, by Claim 0.12, the initial segments of $h$ and $l$ fellow travel. Because of bounded backtracking along $\mathcal{P}, \rho_{h}\left(\sigma_{i}\right)$ lies on, or at least near, this initial segment of $h$. Thus $\rho_{l}\left(\sigma_{i}\right)$ is close to $\rho_{h}\left(\sigma_{i}\right)$ which in turn is close to $\sigma_{i}$, because $\mathcal{P}$ has bounded sidetracking. Thus we may take $\tau_{j}=\tau_{0}=\alpha$ and we are done.

Now suppose that some vertex of $\mathcal{R}$ precedes $\sigma_{i}$ by at least $2 K_{1}$. Take $\tau_{j}$ to be the last such vertex in $\mathcal{R}$. Following the proof of Claim 0.10 shows that $\tau_{j}$ comes before $\tau_{\alpha}$ in $\mathcal{R}$. The argument now required to bound $d_{X}\left(\sigma_{i}, \tau_{j}\right)$ is essentially identical to the proof of Claim 0.11.

By the distance estimate, we find that there is a uniform neighborhood of $\left[\sigma_{0}, \sigma_{\alpha}\right] \subset \mathcal{P}$, taken in $\mathcal{G}$, which contains $\left[\tau_{0}, \tau_{\alpha}\right] \subset \mathcal{P}$. The slimness of $\mathcal{P Q R}$ follows directly. This completes the proof of Theorem 0.9.

## References

[1] Jason Behrstock. Asymptotic geometry of the mapping class group and Teichmüller space. PhD thesis, SUNY Stony Brook, 2004. http://www.math.columbia.edu/~jason/thesis.pdf.
[2] Howard A. Masur and Yair N. Minsky. Geometry of the complex of curves. II. Hierarchical structure. Geom. Funct. Anal., 10(4):902-974, 2000. arXiv:math.GT/9807150.

