

The Thom spectrum $MO\langle 4n \rangle$

Goal of this block: Study the first half (Sec 4–Sec 10, Appendix B) of Bunkhardt–Hahn–Senger; go through the proof of Thm 1.4 (Thm 1.1).

Recall the Kervaire–Milnor exact seq.

\mathbb{J} -homomorphism

$$0 \rightarrow bP_{m+1} \rightarrow \Theta_m \rightarrow \text{coker}(\mathbb{J})_m = \pi_m S/\mathbb{J} \xrightarrow{\text{htpy equiv.}} \underbrace{\text{group of closed, smooth, ori. manifolds} \cong \mathbb{S}^m}_{m\text{-homotopy spheres}}$$

\uparrow

m -homotopy spheres that are boundaries of parallelizable $(m+1)$ -manifolds.

Thm 1.1 Let $k > 232$ and $0 \leq d \leq 3$ be integers. Suppose M is a $(k-1)$ -connected, almost closed $(2k+d)$ -manifold. Then the boundary $\partial M \in \Theta_{2k+d-1}$ has trivial image

$$0 = [\partial M] \in \text{coker}(\mathbb{J})_{2k+d-1}$$

In part, ∂M bounds a parallelizable manifold.

An important ingredient of proof of Thm 1.1 is the following, which is interesting on its own:

Thm 1.4 Let $MO\langle 4n \rangle$ denote the Thom spectrum of the canonical map

$$\mathbb{T}_{7,4n} BO \longrightarrow BO$$

For all $n > 31$, the unit map

$$l_*: \pi_{8n-1} S \longrightarrow \pi_{8n-1} MO\langle 4n \rangle$$

is surjective, and

$$\text{im}(l_*) = \text{im} \left(\pi_{8n-1} O \xrightarrow{\mathbb{J}} \pi_{8n-1} S \right)$$

Plan for this block:

- Today: Study $M\mathcal{O}(4n)$, the map i_* .
- 15.02.: Reducing proof of 1.4 to the Toda bracket w in Jeremy's talk and prove Thm 1.4 using some blackbox like Thm 10.8
- 22.02.: Prove the blackbox thus, e.g. Thm 10.8

§1. The Thom spectrum $M\mathcal{O}(4n)$

Def (Thom sp. for a vector bundle) Let $\mathcal{g}: E \rightarrow X$ be a vector bundle of rank n .

The Thom spectrum $M\mathcal{g}$ associated to \mathcal{g} is the susp. spectrum $\Sigma^{\infty} \text{Th}(\mathcal{g})$.

$$\text{In part: } M\mathcal{g}_n = \Sigma^n \text{Th}(\mathcal{g}) \approx \text{Th}(\underline{\mathbb{R}^n} \oplus \mathcal{g})$$

Link: Let $f: X \rightarrow BO(n)$ be a map classifying \mathcal{g} , i.e.

$$\begin{array}{ccc} \mathcal{E}_n & \xrightarrow{\quad} & E O(n) \\ \downarrow & & \downarrow \\ X & \xrightarrow{f} & BO(n) \end{array} \quad \text{with} \quad \begin{array}{c} \mathcal{E}_n \times_{O(n)} \mathbb{R}^n \\ \hookrightarrow \end{array} X \xrightarrow{\text{iso}} \mathcal{g}$$

$$\text{Then } \text{Th}(\mathcal{g}) \approx \mathcal{E}_n \wedge_{O(n)} S^n$$

furthermore we have

$$\begin{array}{ccc} \mathcal{E}_{n+m} & \xrightarrow{\quad} & EO(n+m) \\ \downarrow & & \downarrow \\ X & \xrightarrow{f} & BO(n) \rightarrow \dots \rightarrow BO(n+m) \rightarrow \dots \\ & & \end{array}$$

with $\mathcal{E}_{n+m} \times_{O(n)} \mathbb{R}^{n+m} \rightarrow X \cong \mathcal{g} \oplus \underline{\mathbb{R}^m}$

$$\leadsto M\mathcal{g}_n \cong (\mathcal{E}_{n+m})_+ \wedge_{O(n)} S^n$$

Def. Given a map $X \xrightarrow{f} BO := \lim_{n \geq 0} BO(n)$ of spaces,

f is equivalent to the data of maps $f_n: X \rightarrow BO(n)$

for $n \geq 0$ s.t. $\begin{array}{ccc} X & & f_{n+1} \\ f_n \downarrow & \swarrow & \\ BO(n) & \longrightarrow & BO(n+1) \end{array}$ commutes.

We define the Thom spectrum Mf associated to f as a sequential spectrum with

$$\begin{aligned} Mf_n &= Th(E_n \wedge_{O(n)} \mathbb{R}^n \rightarrow X) \\ &\simeq (E_n)_+ \wedge_{O(n)} S^n \end{aligned}$$

where $E_n \rightarrow X$ is the principal $O(n)$ bundle classified by f_n .

Def. Let $M\mathcal{D}(4n)$ denote the Thom spectrum associated to the canonical map $T_{\geq 4n} BO \rightarrow BO$.

Important remark • Given a map $f: X \rightarrow BO$, Mf is equivalently the Thom spectrum of

$$\begin{array}{ccc} E & \longrightarrow & EO \\ g \downarrow & \downarrow & \\ X & \xrightarrow{f} & BO \end{array} \quad \begin{aligned} \sim Mf &\simeq \Sigma^\infty Th(g) \\ &\simeq \Sigma^\infty (E_+ \wedge_{O_0} (\mathbb{R}^\infty)^+) \\ &\simeq \Sigma^\infty_+ E_+ \wedge_{\Sigma^\infty_+ O} S \end{aligned}$$

* we can extend the above pullback diagram to

$$\begin{array}{ccccc}
 & \mathcal{E} & \longrightarrow & \text{ED} & \longrightarrow \text{E}_{\text{GL}, S} \\
 \downarrow & & & \downarrow & \downarrow \\
 X & \xrightarrow{f} & \text{BO} & \longrightarrow & \text{B}_{\text{GL}, S} \cong \underset{\substack{V \in \mathbb{R}^n \\ \text{f.d.}}}{\text{colim } \text{BAut}(S^V)} \\
 & \text{classifies stable equivalence class of} & & & \text{Space of pointed self} \\
 & \text{vector bundles on } X. & & & \text{equivalence of } (V)^+
 \end{array}$$

$$\begin{aligned}
 \sim M_f &\simeq \Sigma^\infty \text{Th}(\mathcal{E} \rightarrow X) \simeq \Sigma^\infty (\mathcal{E}_+ \wedge_{\text{GL}, S} (\mathbb{R}^\infty)^+) \\
 &\simeq \Sigma_+^\infty \mathcal{E} \wedge_{\Sigma_+^\infty \text{GL}, S} S
 \end{aligned}$$

Thus

$$MO(4n) \simeq \Sigma_+^\infty P \wedge_{\Sigma_+^\infty \text{GL}, S} S$$

where P is defined via the pullback

$$\begin{array}{ccc}
 P & \longrightarrow & \text{E}_{\text{GL}, S} \\
 \downarrow & & \downarrow \\
 T_{>4n} \text{BO} & \longrightarrow & \text{BO} \longrightarrow \text{B}_{\text{GL}, S}
 \end{array}$$

§ MO(4n) as a particular Bar construction

Consider the map $T_{>4n} \text{BO} \rightarrow \text{BO} \rightarrow \text{B}_{\text{GL}, S}$ defining $MO(4n)$

Note that this is a map of infinite loop spaces, and thus equivalent to a map

$$\mathfrak{g}: T_{>4n} k_0 \longrightarrow k_0 \longrightarrow \text{frgl}(S) \text{ of connective spectra}$$

Consider the following diagram, denote $\text{rgl}(S) := \Sigma^{-1} \text{frgl}(S)$

$$\begin{array}{ccccc}
 \Sigma^{-1} T_{\geq 4nk_0} & \xrightarrow{\Sigma^1 f} & \text{rgf}_1(S) & = & \text{rgf}_1(S) \\
 \downarrow & & \downarrow & & \downarrow \\
 * & \xrightarrow{\Gamma} & CG & \longrightarrow & \text{e-rgf}_1(S) \simeq \\
 & & \downarrow & & \downarrow \\
 & & T_{\geq 4nk_0} & \longrightarrow & \text{frgf}_1(S)
 \end{array}$$

By definition, we know $M_0\langle 4^n \rangle$ fits in the $\Sigma^\infty \Omega^\infty_{\text{right}} S^3$.

$$\begin{array}{c}
 \sum_{+}^{\infty} \Omega^{\infty} \sum_{\gamma, \mu, m} T_{\gamma, \mu m} k_{\gamma} \\
 \downarrow \epsilon \\
 \Phi \simeq \sum_{+}^{\infty} \Omega^{\infty} *
 \end{array}
 \xrightarrow{\Gamma}
 \begin{array}{c}
 \sum_{+}^{\infty} f_{\Gamma} L_n(\Phi) \\
 \downarrow \Gamma \\
 \sum_{+}^{\infty} P
 \end{array}
 \xrightarrow{\text{h}_{\Gamma}}
 \begin{array}{c}
 \sum_{+}^{\infty} \Omega^{\infty} C_{\gamma} \\
 \downarrow
 \end{array}
 \xrightarrow{\text{MO}(4n)}$$

$$\sim \text{M}O(4n) \cong S \wedge_{\Sigma^{\infty}_+ O(4n-1)} S \quad \text{where}$$

- $\Omega_{+}^{\infty} O(4n-1) := \sum_{+}^{\infty} \sum_{k=4n}^{-1} \mathbb{R}$
 - $\sum_{+}^{\infty} O(4n-1)$ acts on the left S component via the map η
 $\eta : \sum_{+}^{\infty} O(4n-1) \rightarrow \sum_{+}^{\infty} \mathbb{R}^{\infty} \# = S$
 - $\sum_{+}^{\infty} O(4n-1)$ acts on the right S component via the map J_+
 $J_+ : \sum_{+}^{\infty} O(4n-1) \rightarrow \sum_{+}^{\infty} \text{GL}_n(S) \rightarrow S$

Def / Prop. $M\mathcal{O}(4n)$ is the geometric realisation

$$|\text{Bar}(\mathbb{S}, \Sigma^{\infty}_+ O(4n-1), \mathbb{S})|$$

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$$\sum_{n=1}^{\infty} O(4^{n-1})^2 \xrightarrow{m} \sum_{n=1}^{\infty} O(4^{n-1}) \xrightarrow{e} \dots$$

Recall that we want to prove

Thm 1.4 Let $\text{MO}(4n)$ denote the Thom spectrum of the canonical map

$$T_{\geq 4n} \text{BO} \rightarrow \text{BO}$$

For all $n > 31$, the unit map

$$\begin{aligned} \iota_* : \pi_{8n-1} S &\longrightarrow \pi_{8n-1} \text{MO}(4n) \\ \text{is surjective, and} \\ \text{im } (\iota_*) = \text{im } (\pi_{8n-1} \text{BO} \xrightarrow{\text{J}} \pi_{8n-1} S) \end{aligned}$$

§ Replace ι_* by another map

Not. Denote by \bar{J} the non-unital Eoo-ring map $\Sigma^\infty \text{O}(4n-1) \rightarrow S$ induced by $J+$.

We have the following diagram of ring spectra up to homotopy

$$\begin{array}{ccc} \Sigma^\infty \text{O}(4n-1) & \xrightarrow{1 \otimes J} & \Sigma^\infty \text{O}(4n-1) \\ \downarrow m \quad \text{(product)} \swarrow H_\alpha & & \downarrow J \\ \Sigma^\infty \text{O}(4n-1) & \xrightarrow{J} & S \end{array}$$

H_α arise canonically from the ring structure of the maps

Rank We can view H_α as a nullhomotopy of $J \circ (1 \otimes J - m)$.

Not Denote $P := \text{cofib} \left(\Sigma^\infty \text{O}(4n-1) \xrightarrow{1 \otimes J - m} \Sigma^\infty \text{O}(4n-1) \right)$

By universal property of P , we have

$$\begin{array}{ccc} \Sigma^\infty \text{O}(4n-1) & \xrightarrow{1 \otimes J - m} & \Sigma^\infty \text{O}(4n-1) \rightarrow P \\ & & \downarrow J \\ & & S \end{array}$$

Not. Denote $C := \text{cofib} (P \dashrightarrow S)$

Thm 5.2 There is an equivalence $T_{\leq 12n-2} C \simeq T_{\leq 12n-2} MO\langle 4n \rangle$ of spectra.

The unit map $T_{\leq 12n-2} S \rightarrow T_{\leq 12n-2} MO\langle 4n \rangle$ agrees with the natural map $T_{\leq 12n-2} S \rightarrow T_{\leq 12n-2} C$ from the cofibre sequence.

$$\text{Bar}(S, \Sigma_+^\infty O(4n-1), S)_{\leq 2}$$

Recall that

$$MO\langle 4n \rangle \simeq \left| \begin{array}{c} \dots \xrightarrow{\quad} \Sigma_+^\infty O(4n-1)^{\otimes 2} \xrightarrow{1 \oplus J_+} \Sigma_+^\infty O(4n-1) \xrightarrow{J_+} S \\ \xrightarrow{m} \xrightarrow{\epsilon \circ 1} \end{array} \right|$$

Lemma 5.3 Let $X := \text{colim } \text{Bar}(S, \Sigma_+^\infty O(4n-1), S)_{\leq 2}$. Then

$$T_{\leq 12n-2} X \simeq T_{\leq 12n-2} MO\langle 4n \rangle$$

Pf: We have a tower

$$S = \text{Bar}_0 \rightarrow \text{Bar}_{\leq 1} \rightarrow \text{Bar}_{\leq 2} \rightarrow \dots \rightarrow \text{Bar}_{\leq k} \rightarrow \dots \rightarrow MO\langle 4n \rangle$$

Cofibres

$$\downarrow \quad \downarrow \quad \downarrow$$

$$\Sigma^{\infty+1} O(4n-1) \quad \Sigma^{\infty+2} O(4n-1)^{\otimes 2} \quad \Sigma^{k+\infty} O(4n-1)^{\otimes k}$$

and for $k \geq 3$, $\Sigma^k \Sigma^\infty O(4n-1)^{\otimes k}$ is $12n$ -connective. \square

Proof of Thm 5.2 It suffices if we proved $T_{\leq 12n-2} X \simeq T_{\leq 12n-2} C$!

We can present X in the following cartesian cube:

$$\begin{array}{ccccc} & \Sigma_+^\infty O(4n-1)^{\otimes 2} & \xrightarrow{1 \oplus J_+} & \Sigma_+^\infty O(4n-1) & \\ \xrightarrow{\quad} & \xrightarrow{m} & \downarrow \epsilon \circ 1 & \xrightarrow{J_+} & \downarrow \epsilon \\ \Sigma_+^\infty O(4n-1) & & \xrightarrow{J_+} & S & \downarrow \\ \downarrow \epsilon & & \downarrow & \downarrow & \downarrow \\ S & & \xrightarrow{J_+} & S & \end{array}$$

X

$$\begin{array}{ccc}
 & \text{fib}(e+1) & \longrightarrow \text{fib}(e) \\
 & \downarrow & \downarrow \\
 \text{fib}(e) & \xrightarrow{\quad \text{Column} \quad} & \text{fib}(e) \\
 & \downarrow & \downarrow \\
 \sum_{+}^{\infty} O(4n-1)^{\otimes 2} & \xrightarrow{1 \otimes J+} & \sum_{+}^{\infty} O(4n-1) \\
 & \downarrow m & \downarrow e_0 1 \\
 \sum_{+}^{\infty} O(4n-1) & \xrightarrow{J+} & S \\
 & \downarrow e & \downarrow e \\
 \sum_{+}^{\infty} O(4n-1) & \xrightarrow{J+} & S \\
 & \downarrow e & \downarrow \\
 S & \xrightarrow{\quad \quad} & X
 \end{array}$$

X is the cofibre of the map $\text{Column} \rightarrow S$

The $\begin{smallmatrix} \leftarrow \\ \rightarrow \end{smallmatrix}$ diagram simplifies to

$$\begin{array}{ccc}
 \sum_{+}^{\infty} O(4n-1) \oplus \sum_{+}^{\infty} O(4n-1)^{\otimes 2} & \xrightarrow{(1, 1 \otimes J)} & \sum_{+}^{\infty} O(4n-1) \\
 \downarrow (1, m) & & \downarrow \\
 \sum_{+}^{\infty} O(4n-1) & \xrightarrow{\quad \text{Column} \quad} & S
 \end{array}$$

thus Column is equivalent to the cofibre of the map

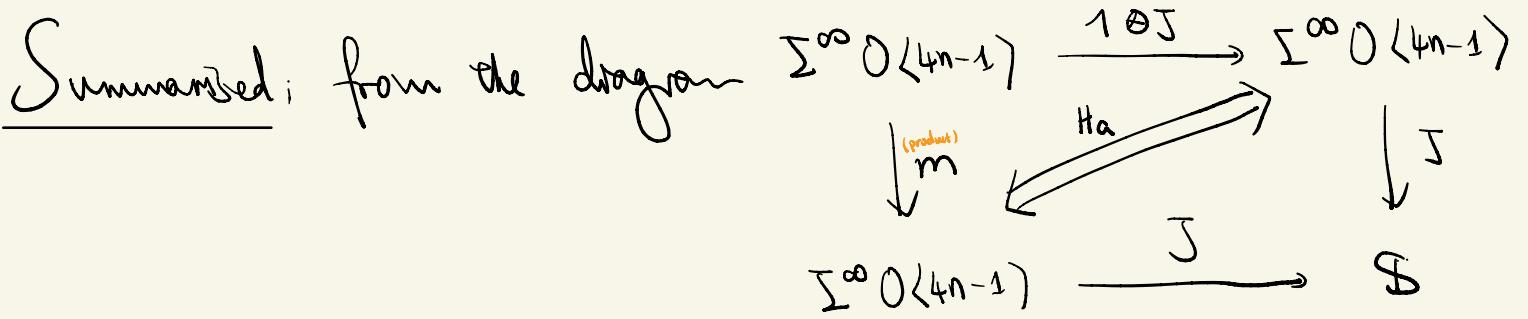
$$\sum_{+}^{\infty} O(4n-1)^{\otimes 2} \xrightarrow{1 \otimes J - m} \sum_{+}^{\infty} O(4n-1),$$

which is P . Thus $X \simeq \text{colib}(P \rightarrow S) = C$

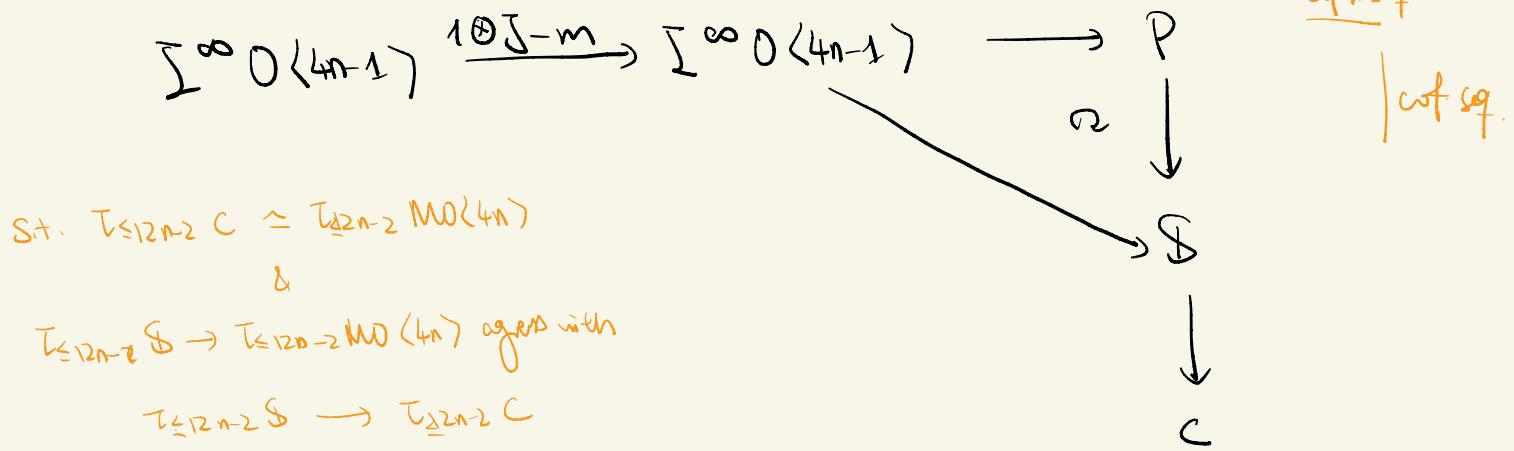
As for the unit map $S \rightarrow M\Omega(4n)$, which is

$$S \rightarrow \text{Bar}_{\leq 1} \rightarrow \dots \rightarrow M\Omega(4n)$$

factors through $X := \text{colib Bar}_2$ and fits well in the cube. \square



We obtain another diagram:



St. $T_{\leq 2n-2} C \simeq T_{\geq 2n-2} MO(4n)$

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$T_{\leq 2n-2} S \rightarrow T_{\leq 2n-2} MO(4n)$ agrees with

$T_{\leq 2n-2} S \rightarrow T_{\geq 2n-2} C$

Consider the l.e.s of π_* of $P \rightarrow S \rightarrow C$ and "replace" C by $MO(4n)$

$$\pi_{8n-1}(P) \rightarrow \pi_{8n-1}(S) \rightarrow \pi_{8n-1}(MO(4n)) \rightarrow \pi_{8n-2}(P) \rightarrow \pi_{8n-2}(S).$$

§ Homotopy of $\Sigma^\infty O(4n-1)$

Not Denote by $x \in \pi_{4n-1}(\Sigma^\infty O(4n-1))$ a generator.

Since $\Sigma^\infty O(4n-1)$ is non-unital E_∞-ring, we have

$$x^2 \in \pi_{8n-2}(\Sigma^\infty O(4n-1))$$

Also, denote by $J(x) \in \pi_{4n-1}(S)$ the composite

$$S^{4n-1} \xrightarrow{x} \Sigma^\infty O(4n-1) \xrightarrow{J} S$$

Cor 4.8 i) $\pi_{8n-2} \Sigma^\infty O(4n-1) \cong \mathbb{Z}/2\{x^2\}$

ii) $\pi_{8n-1} \Sigma^\infty O(4n-1) \cong \pi_{8n-1} K_0 (\cong \mathbb{Z})$

Lem 4.10 The element $x J(x) \in \pi_{8n-2} \Sigma^\infty O(4n-1)$ is zero

Thm 4.11 For $4n-1 \leq l \leq 8n-1$, the image of

$$\pi_l(\Sigma^\infty O(4n-1)) \xrightarrow{J} \pi_l(S)$$

is $J_l = \text{im}(\pi_l(O) \xrightarrow{\text{J-homo}} \pi_l(S))$

Key ingredient for the proofs: Goodwillie calculus of the id
of augmented E_∞-ring Spectra.

Lemma 4.5 R Eoo-ring spectra with aug. $\mathcal{E}: R \rightarrow S$. S.t.

$f_{\text{fib}}(\mathcal{E})$ is 0-connected. The broadnthe tower of id evaluated at R gives a convergent tower of Eoo-ring spectra:

$$\begin{array}{ccccc} D_n(\text{TAR}(R; S)) & & D_2(\text{TAR}(R; S)) & \text{TAR}(R; S) & S \\ \downarrow & & \downarrow & & \downarrow \\ R \rightarrow \dots \rightarrow P_n(R) \rightarrow \dots \rightarrow P_2(R) \rightarrow P_1(R) \rightarrow P_0(R) & & & & \end{array}$$

S.t. $R \rightarrow P_0(R)$ is the augmentation \mathcal{E} . Here

$$D_n(\text{TAR}(R; S)) := (\text{TAR}(R; S)^{\oplus n})_{h\mathbb{Z}_n}$$

Cor 4.6 We have convergent tower of spectra

$$\begin{array}{ccccccc} D_n(\Sigma^{-1} T_{\geq 4n} k_0) & D_3(\dots) & D_2(\dots) & \Sigma^{-1} T_{\geq 4n} k_0 \\ \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow & \downarrow \\ \Sigma^{\infty} O(4n-1) \rightarrow \dots \rightarrow Q_n \rightarrow \dots \rightarrow Q_3 \rightarrow Q_2 \rightarrow Q_1 & & & & & & (*) \end{array}$$

Pf Take $R = \Sigma^{\infty} O(4n-1)$ with augmentation \mathcal{E} in the diagram in Lem 4.5

Fact: $\text{TAR}(R; S) \simeq \Sigma^{-1} T_{\geq 4n} k_0$

Note that $\Sigma^{\infty} O(4n-1) \simeq f_{\text{fib}}(\mathcal{E})$ and set

$$Q_n := \text{fib } (P_n(R) \rightarrow P_{n+1}(R))$$

$$\underline{\text{Lem 47}} - \pi_{8n-2} D_2(\Sigma^{-1} T_{\geq 4n} k_0) \cong \mathbb{Z}/2$$

$$\pi_{8n-1} D_2(\Sigma^{-1} T_{\geq 4n} k_0) \cong 0$$

- The generator of $\pi_{8n-2} D_2(\Sigma^{-1} T_{\geq 4n} k_0)$ survives in the SS associated to $(*)$ and detects $x^2 \in \pi_{8n-2} \Sigma^\infty O(4n-1)$.

$$\underline{\text{Cor 48}} \quad i) \pi_{8n-2} \Sigma^\infty O(4n-1) \cong \mathbb{Z}/2\{x^2\}$$

$$ii) \pi_{8n-1} \Sigma^\infty O(4n-1) \cong \pi_{8n} k_0 \quad (\cong \mathbb{Z})$$

$$\underline{\text{Sketch}} - \pi_{\leq 8n-1} D_k(\Sigma^{-1} T_{\geq 4n} k_0) \cong * \text{ for } k > 2$$

\rightsquigarrow u a l.e.s. on π_k from $(*)$:

$$0 \rightarrow \pi_{8n-1}(\Sigma^\infty O(4n-1)) \rightarrow \pi_{8n-1}(\Sigma^{-1} T_{\geq 4n} k_0) \rightarrow \pi_{8n-2}(D_2(\Sigma^{-1} T_{\geq 4n} k_0))$$

$$\downarrow$$

$$\pi_{8n-2}(\Sigma^{-1} T_{\geq 4n} k_0) \leftarrow \pi_{8n-2}(\Sigma^\infty O(4n-1))$$

Claim $\pi_j(\Sigma^\infty O(4n-1)) \rightarrow \pi_j(\Sigma^{-1} T_{\geq 4n} k_0)$ are surjective

Sketch $\Sigma^\infty O(4n-1) \rightarrow \Sigma^{-1} T_{\geq 4n} k_0$ is adjoint to

$$\text{id. } O(4n-1) \rightarrow \Omega^{\infty+1} T_{\geq 4n} k_0$$

$$\rightsquigarrow \Omega^{\infty+1} T_{\geq 4n} k_0 \rightarrow \Omega^\infty \Sigma^\infty O(4n-1) \xrightarrow{\quad} \Omega^{\infty+1} T_{\geq 4n} k_0$$

$\underbrace{\quad}_{\cong \text{id } \Sigma^{-1} T_{\geq 4n} k_0}$

\square_{claim}

\rightsquigarrow Cor follows by examining the l.e.s.

Lem 4.10 The element $xJ(x) \in \pi_{8n-2}^{\wedge} \Sigma^{\infty} O(4n-1)$ is zero

Sketch

Assume $xJ(x) \neq 0$, then $xJ(x) = x^2$, under the identification $\pi_{8n-2}^{\wedge} \Sigma^{\infty} O(4n-1) \cong \mathbb{F}_{22}\{x^2\}$

Rank 10.22. x^2 has HF₂-Adams filtration 1.

Recall that x is a generator of $\pi_{4n-1}^{\wedge} \Sigma^{\infty} O(4n-1)$, and thus the suspension of an unstable class in $\pi_{4n-3} O(4n-1)$.

So $J(x)$ is in the image J_{4n-1} of J .

\rightsquigarrow As $n > 3$, $J(x)$ has HF₂-Adams filtration 3

and $xJ(x)$ has at least HF₂-Adams filtration of $J(x)$

□

Thm 4.11 For $4n-1 \leq l \leq 8n-1$, the image of

$$\pi_l(\Sigma^{\infty} O(4n-1)) \xrightarrow{J} \pi_l(S)$$

$$\text{is } J_l = \text{im}(\pi_l(O) \xrightarrow{J-\text{hom}} \pi_l(S))$$

Sketch It suffices to show that in this range, every $y \in \pi_l(\Sigma^{\infty} O(4n-1))$ is the suspension of an unstable class.

Take a look at the Goodwillie tower (*) for $\Sigma^{\infty} O(4n-1)$

$$\begin{array}{ccccc}
 D_n(\Sigma^{-1} T_{\geq 4n} R) & D_3(\dots) & D_2(\dots) & \downarrow & \Sigma^{-1} T_{\geq 4n} R \\
 \downarrow & \downarrow & \downarrow & & \downarrow_{21} \\
 \Sigma^{\infty} O(4n-1) \rightarrow \dots \rightarrow Q_n \rightarrow \dots \rightarrow Q_3 \rightarrow Q_2 \rightarrow Q_1 & & & & (\ast)
 \end{array}$$

- for $4n-1 \leq l \leq 8n-3$, $\pi_l(D_k(\Sigma^{-1} T_{\geq 4n} R)) \cong 0$, $k \geq 2$

$$\rightsquigarrow \pi_l(\Sigma^{\infty} O(4n-1)) \cong \pi_l(\Sigma^{-1} T_{\geq 4n} R) \quad \checkmark$$

- for $l = 8n-1$. Cor 4.8 $\pi_{8n-1}(\Sigma^{\infty} O(4n-1)) \cong \pi_{8n} R$ \checkmark

- for $l = 8n-2$, $\pi_{8n-2}(\Sigma^{\infty} O(4n-1)) \cong \pi_2 \{x^2\}$

$$\underline{\text{Prop. 15.11}} \quad J(x^2) = J(x)^2 = 0$$

□