Exercise 1. Consider the function $\mathbf{r}(t) = \langle 2\cos t, 2\sin t, 4t \rangle$, for $t \geq 0$. Find the arclength for $0 \leq t \leq 2$.

Exercise 2. Determine the xy-trace and the (z=3)-trace. Then name and sketch the surface.

$$z = \frac{(x-1)^2}{4} + y^2 - 1.$$