$$u(2) = 16(0)^{2} + 1 = 1$$

$$u(2) = 16(2)^{2} + 1 = 65$$

$$= \frac{1}{32} \int_{0}^{2\pi} \int_{0}^{65} u^{1/2} du d\theta$$

$$= \frac{1}{32} \left(\frac{2}{3} \right) \int_{0}^{2\pi} \left(65^{3/2} - 1^{3/2} \right) d\theta$$

$$= \frac{1}{48} \left(65\sqrt{65} - 1 \right) \left(2\pi \right) = \frac{(65\sqrt{65} - 1)\pi}{24}$$