MAA Metro NY October/November 2024: Problem of the Month **Going the distance...**

Show that the distance traveled by an underdamped spring-mass system with displacement $u(t) = 6e^{-t}\cos(t - \frac{\pi}{4})$ is of the form $a\sqrt{b}\coth\left(\frac{\pi}{c}\right)$, where a, b and c are integers.

Computer or AI assisted/generated solutions will not be accepted.