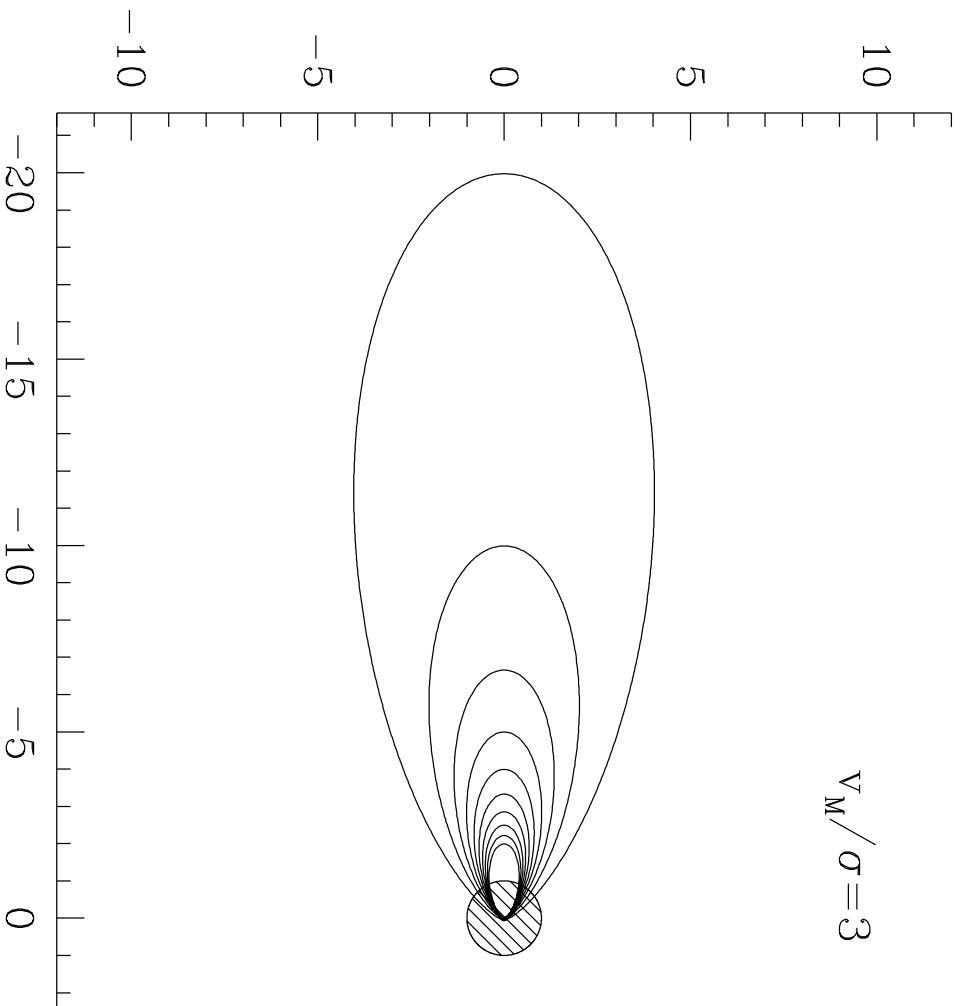


$$v_M / \sigma = 3$$



Binney & Tremaine, Galactic Dynamics