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## EQUATION OF MOTION

The equation of motion of a typical flux tube in the rigid lattice can now be written

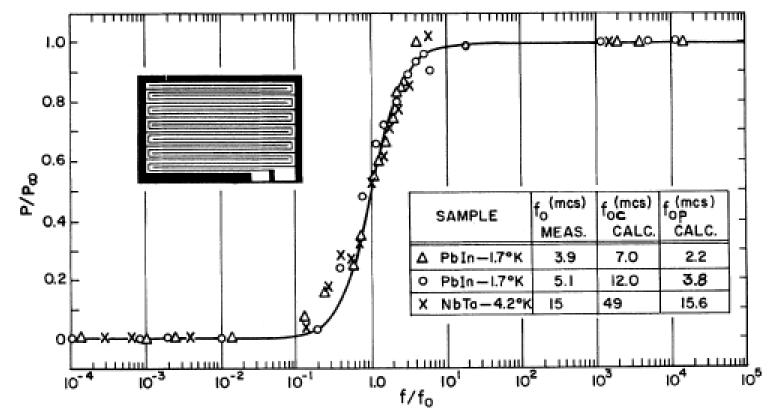
$$m\ddot{x} + \eta \dot{x} + (\alpha \phi_0/cH) \sin 2\pi x/d = (1/c) J\phi_0,$$
 (1)

where m is the effective mass of a flux tube,  $\eta = \phi_0 H_{c2}/c^2 \rho_n$  the viscosity,<sup>5</sup> and J is the transport current, which we take perpendicular to the applied magnetic field. In

With oscillating currents applied,

$$J = J_0 e^{i\omega t}$$
,  $\dot{x} = \dot{x}_0 e^{i\omega t}$ 

The dissipated power becomes:



$$P(\omega) = \frac{1}{2} \operatorname{Re} \left[ \frac{J_0 * H_0}{c} \dot{x}_0 \right] = \frac{J_0^2 \varphi_0 H_0 \eta \omega^2}{2c^2 [\omega^2 \eta^2 + (\omega^2 m - k)^2]}.$$

Low Frequency - pinning force dominates
High Frequency - viscous force dominates

$$2\pi f_0 \equiv \omega_0 \equiv k/\eta$$

 $f_0$  = De-pinning Frequency