66. From Table 11-2, the rotational inertia of the spherical shell is $2MR^2/3$, so the kinetic energy (after the object has descended distance h) is

$$K = \frac{1}{2}\left(\frac{2}{3}MR^2\right)\omega_{\text{sphere}}^2 + \frac{1}{2}I\omega_{\text{pulley}}^2 + \frac{1}{2}mv^2 \ .$$

Since it started from rest, then this energy must be equal (in the absence of friction) to the potential energy mgh with which the system started. We substitute v/r for the pulley's angular speed and v/R for that of the sphere and solve for v.

$$v = \sqrt{\frac{mgh}{\frac{1}{2}m + \frac{1}{2}\frac{I}{r^2} + \frac{M}{3}}} = \sqrt{\frac{2gh}{1 + (I/mr^2) + (2M/3m)}}$$