



**Tim in KY** TdF Stage 10 is 165 kilometers in the Massif Central from Ennezat south to a summit finish on le Mont-Dore.

07-13-2025  
02:25:07 pm



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752431419-stage-10-route.jpg>

07-13-2025  
02:25:20 pm



**Tim in KY** The profile is all up and down with eight categorized climbs and many climbs that are not. There are seven Cat 2s and a Cat 3. The first Cat 2 crests just 12 kilometers from the start, the last is the finish climb. It is just 3.3 km long but averages 8% with some double-digit sections.

07-13-2025  
02:26:00 pm



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752431468-stage-10-profile.jpg>

07-13-2025  
02:26:09 pm



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752431484-stage-10-puy-de-sancy.jpg>

07-13-2025  
02:26:26 pm



**Tim in KY** Kilometer zero is scheduled for 13:25 CEST. Finish is imagined either side of 17:40. Forecast is for a mix of clouds and sun with temps in the mid to upper-20s.

07-13-2025  
02:26:57 pm



**Tim in KY** It was interesting to read MVdP's explanation for the doomed breakaway on Sunday. Jonas Rickaert has always wanted to be on the podium at the TdF and the team figured that, since no other team would be dumb enough to try a break, MVdP and Rickaert would go. Then Rickaert would do all the work and win Most Combative and get to the podium. And that's what happened. But I'm pretty sure that by the end of the day MVdP probably wanted those last 700 meters.

07-13-2025  
03:47:47 pm



**Tim in KY** Almeida was the only DNF on Sunday.

07-13-2025  
04:18:11 pm



**Tim in KY** In the last 30 years a Frenchman has won the stage on Bastille Day only six times.

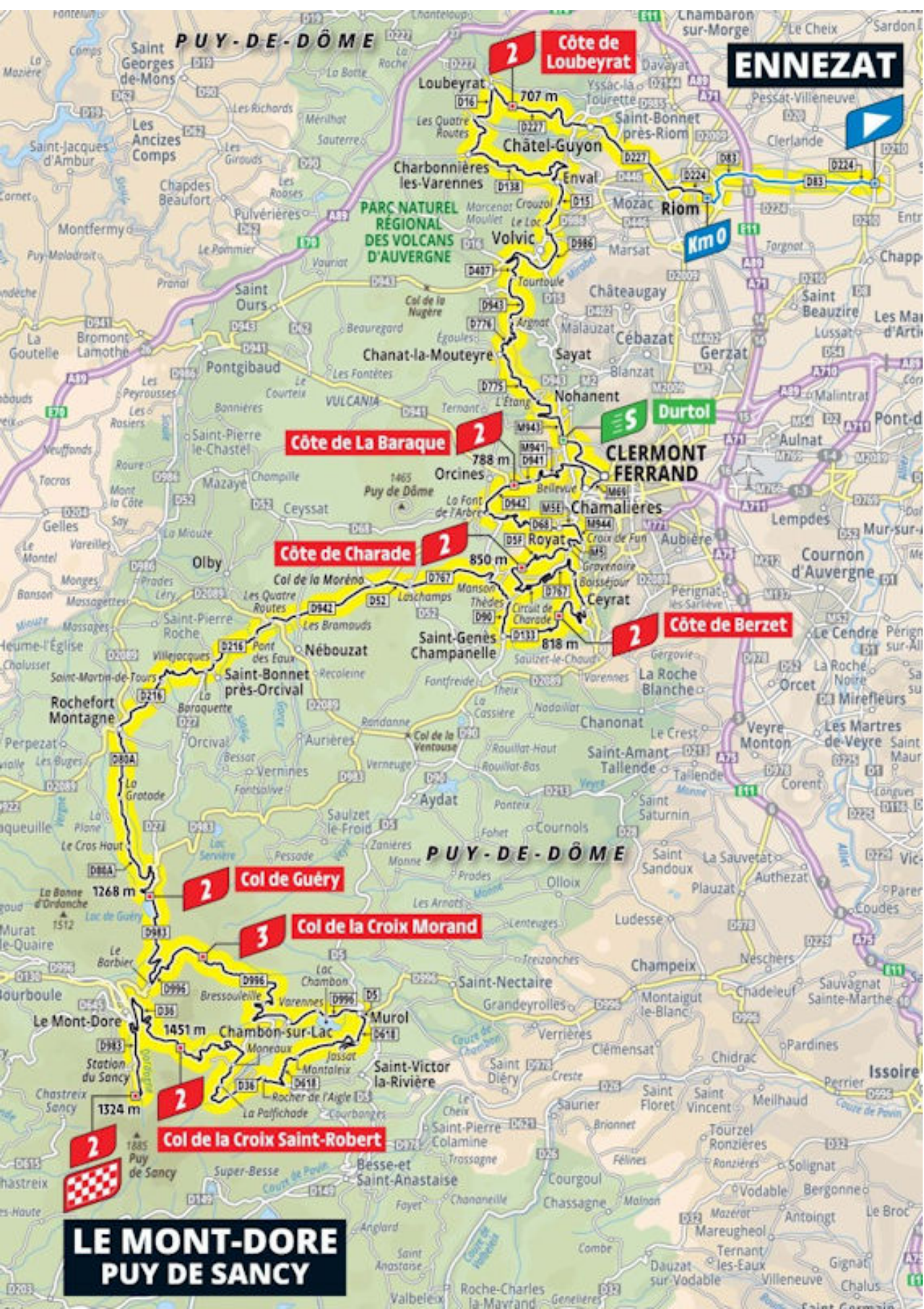
07-13-2025  
04:31:12 pm



**BusterSci** Don't know if I've already said this, but Cillian Kelly had a post a few weeks ago saying that while we know it's now 40 years since Hinault was the last French winner of the Tour, there have also been 253 World Tour

07-14-2025  
05:49:06 am







# ENNEZAT

326 m



PUY-DE-DÔME

# LE MONT-DORE PUY DE SANCY

(3,3 km à 8%) 1 324 m



165,3 km

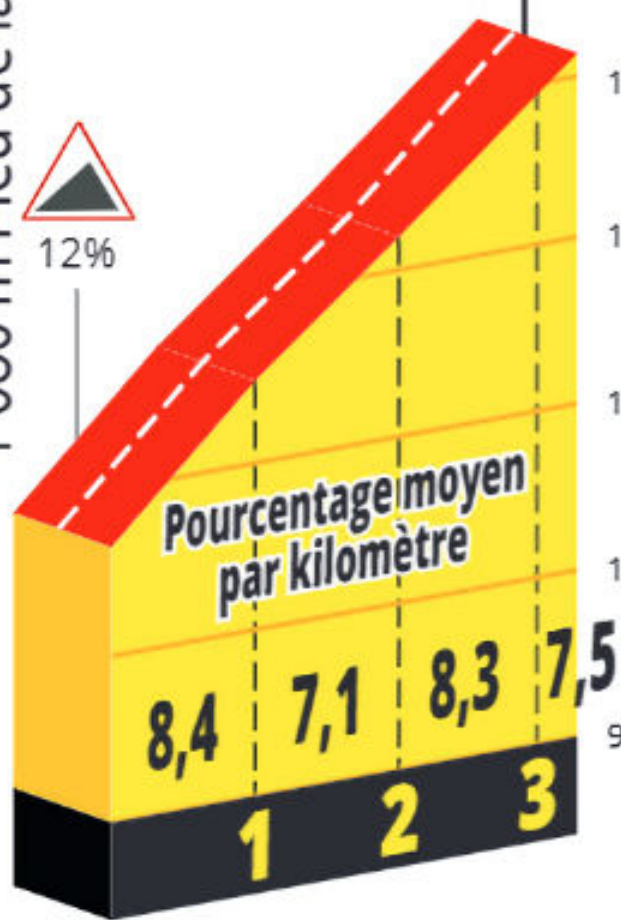
# LE MONT-DORE PUY DE SANCY

1 324 m - **km 165,3**  
(3,3 km à 8%)



1 400 m  
1 300 m  
1 200 m  
1 100 m  
1 000 m  
900 m

LE MONT-DORE  
1 060 m Pied de la montée - **km 162**



Pourcentage moyen  
par kilomètre

level stage races without a French winner since Christophe Moreau won the Dauphine in 2007.



**Tim in KY** No, you haven't said that before.

07-14-2025  
06:34:07 am



**BusterSci** We were in this area last fall. I'll be watching closely from the top of the last climb for about 15km, as we drove that road. I really love this area. It was our first trip to the Massif Central and I want to go back.

07-14-2025  
06:36:46 am



**Tim in KY** Georg Zimmermann (Intermarché - Wanty) and Marijn van den Berg (EF Education - EasyPost) will not start today. Both due to crash injuries. Actually, it's a wonder Zimmermann finished yesterday.

07-14-2025  
06:37:42 am



**Tim in KY** We have never been to the Massif Central. But my brother, the family genealogist, said the earliest record he could find of a Costich was a 17th century pit sawyer in the Massif.

07-14-2025  
06:40:08 am



**Tim in KY** I'm going to do my PT before the neutral starts.

07-14-2025  
06:42:19 am



**BusterSci** I have a genealogy brother as well. He was very excited to have traced the family lineage back to Charlemagne and I don't think he was pleased with me the I showed him that statistically nearly everyone with Western European heritage can trace back to Charlemagne. Our immigrant ancestors were poor fishermen, farmers, and a blacksmith from around Bergen, but the pre-Norwegian von Kroghs were nobility, making it a lot easier to trace.

07-14-2025  
07:00:03 am



**Tim in KY** On my mother's side we go back to the Mayflower. Last I remember there are double digit millions of living people who can say that.

07-14-2025  
07:14:19 am



**Tim in KY** In neutral BTW.

07-14-2025  
07:14:46 am



**BusterSci** No British islanders in my lineage that we know of. Norwegian and Danish on the Kroghs, Polish for the Glumskis, Swedish for the Andersons and Czech/Bohemia for the Witts.

07-14-2025  
07:26:57 am



**bikerabe** go time

07-14-2025  
07:28:37 am



**BusterSci** I was looking up Rue Josephine Baker and was reminded that there was Avenue Josephine Baker in Sarlat because she bought and lived in a chateau a few KM away on the Dordogne during the war, and that's where she did her resistance stuff.

07-14-2025  
07:31:18 am



**bikerabe** Alaphillipe solo in front

07-14-2025  
07:38:21 am



**Tim in KY** Time for chores. Back later.

07-14-2025  
07:39:39 am



**bikerabe** Lenny Martinez takes KOM

07-14-2025  
07:48:56 am



**BusterSci** They are giving the break a bit of head, but not a ton.

07-14-2025  
08:06:30 am



**bikerabe** large break group now gap near 1 min.

07-14-2025  
08:11:47 am



**bikerabe** EF has 4 riders in break

07-14-2025  
08:13:06 am



**Tim in KY** 26 means no VG break points today. Parrot-Painter appears to be best-placed.

07-14-2025  
08:13:38 am



**Tim in KY** 29 now.

07-14-2025  
08:14:30 am



**Tim in KY** A. Parrott-Painter. Didn't realize both of them are in there.

07-14-2025  
08:15:34 am



**BusterSci** Healy at 3:55

07-14-2025  
08:16:44 am



**BusterSci** WÆRENSKJOLD Søren (Uno-X Mobility) abandoned the race.

07-14-2025  
08:17:35 am



**Tim in KY** True. TNTC.

07-14-2025  
08:18:02 am



**BusterSci** Looks like my aseptic procedure needs some work.

07-14-2025  
08:19:21 am



**Tim in KY** Uno-X guy is another victim of a crash yesterday.

07-14-2025  
08:20:38 am



**Katie S** Good morning, all. Happy Bastille Day.

07-14-2025  
08:22:29 am



**Tim in KY** I've salted the zucchini slices and they're draining for a while before I put the gratin together.

07-14-2025  
08:23:27 am



**Katie S** My first introduction to notion of Bastille Day was reading Tale Of Two Cities in middle school. I adored the book and the out-of-central-casting curmudgeonly English teacher, Mrs. Montgomery.

07-14-2025  
08:23:30 am



**Tim in KY** Good morning.

07-14-2025  
08:23:32 am



**Tim in KY** I'm sure my elementary school French teacher must have told us about it but I can't remember back that far.

07-14-2025  
08:25:43 am



**Tim in KY** Break evaporated. I don't have the stream on.

07-14-2025  
08:26:41 am



**bikerabe** Ben O'Connor and Sweeney ahead of break

07-14-2025  
08:27:24 am



**Tim in KY** Now it's back. I guess I'll have to watch.

07-14-2025  
08:27:41 am



**Katie S** I didn't have French until 7th grade, and I was just trying to remember if Mrs. Chambers ever mentioned it to us (same school as Mrs. Montgomery), but I have no recollection of it. In high school French, we learned to sing La Marseillaise ...

07-14-2025  
08:27:45 am



**bikerabe** break together

07-14-2025  
08:28:36 am



**Tim in KY** PCS appears to have the yips.

07-14-2025  
08:28:51 am



**Katie S** What's the zucchini gratin recipe?

07-14-2025  
08:30:17 am



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752496679->

07-14-2025  
08:33:00 am

## Zucchini%20Gratin.docx



**Tim in KY** Okay. Draining tim is up. Time to assemble.

07-14-2025  
08:39:47 am



**Katie S** sounds tasty. Thanks.

07-14-2025  
08:47:31 am



**Katie S** i'll assemble a version of a Salad Nicoise, though I've been asked to use salmon. So it's not really "Nicoise," but it will have olives. And hard-cooked egg. And butter lettuce.

07-14-2025  
08:48:29 am



**Rob** Made this the other day with a couple of differences. Been reading up what kosher salt is and its UK equivalent (flaked sea salt).

07-14-2025  
08:49:48 am



**BusterSci** We had a cuke and ground beef stir fry the other day that was really good. Garlicky vaguely asian style ground beef but the cukes kept their crunchiness and it made for a nice textural combo and good flavor mix.

07-14-2025  
08:50:57 am



**bikerabe** Lenny M gets Kom

07-14-2025  
08:55:24 am



**BusterSci** I'm pretty sure the hotel right next to the KOM is where we stayed last fall. We wanted to eat at Auberge de le Baraque but it was closed that day.

07-14-2025  
08:56:18 am



**BusterSci** We went to Puy de Dome the next day.

07-14-2025  
08:56:51 am



**BusterSci** There were dozens of hang gliders. They'd land on the field by the train station, fold up their wings, and take the train right back up again. We took the train up and walked down.

07-14-2025  
09:03:38 am



**BusterSci** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752498465-1752498165317.jpeg>

07-14-2025  
09:03:39 am



**BusterSci** Woodsy holds the current record for ascent of Puy de Dome, so they have his jersey on the wall in the visitor center.

07-14-2025  
09:03:41 am



**Tim in KY** I had salade Nicoise in Nice once. And I've made a few times but I don't find it worth the trouble. Or the green beans.

07-14-2025  
09:07:28 am



# WOODS



GAGNANT DE L'ÉTAPE DU TOUR DE  
FRANCE AU SOMMET DU PUY DE DÔME  
DIMANCHE 9 JUILLET 2023



**Tim in KY** Ben is slower than the slowest right now.

07-14-2025  
09:08:48 am



**Katie S** Oh, right, the green beans. Thanks for the reminder... I have beans in my garden that I can use. Not Franchy ones, but immature Barlotti

07-14-2025  
09:09:00 am



**BusterSci** I like salad Nicoise but I think I had mine at Saintes- Marie-de-la-Mer. Frau makes it so I have no trouble with it at all.

07-14-2025  
09:11:11 am



**BusterSci** Not sure about salmon vs tuna. I'm curious to hear how it turns out. Could be great, could be out of balance.

07-14-2025  
09:13:16 am



**Charlie in Tenn** The vacation that never ends is over. We are home. Tired but slept well last night.

07-14-2025  
09:13:33 am



**Katie S** Welcome home, Charlie.

07-14-2025  
09:19:34 am



**bikerabe** Lenny's Grandfather wore the polka dot jersey

07-14-2025  
09:19:55 am



**BusterSci** BusterSci: You're on the vacation, that never ends. It just goes on and on my friends. You started driving without knowing where to go. And now you keep on driving til there's no place left to go. You're on the vacation that never ends...

07-14-2025  
09:20:53 am



**BusterSci** You know your comms team is second tier when you have to use other networks' voiceovers in your promo spots.

07-14-2025  
09:22:30 am



**Charlie in Tenn** Nicoise came up as a clue is a word game Saturday night at the CharCon Game Convention. The first clue was vegetables. Any guesses?

07-14-2025  
09:23:08 am



**Katie S** Gonna guess it wasn't haricot verts...

07-14-2025  
09:24:25 am



**BusterSci** Frau, my universal translator, took years to get why the store in Paris was called Harry Cover.

07-14-2025  
09:26:56 am



**bikerabe** another KOM for Lenny M

07-14-2025  
09:32:25 am



**Tim in KY** The gap the GC group is allowing suggests they aren't going to let the break stay away. Maybe if Haley were't there they would.

07-14-2025  
09:32:44 am



**Tim in KY** Phil says they're going quickly. They are actually at the slowest imaginable.

07-14-2025  
09:36:59 am



**Katie S** What's the answer, Charlie? (and, that's funny, Buster)

07-14-2025  
09:36:59 am



**Charlie in Tenn** The answer was salad. The games forces the team giving the clues to use words that start with only a couple of letters and the team cannot discuss the words they are using. So clues are often odd. Nicoise threw a curveball to the 2 guessers. It did not help them any because, well, they were smart guys but not very worldly. The next clue happened to be an R word so someone said romaine. That got them there.

07-14-2025  
09:37:16 am



**Trish in MA** Good morning, all. Thought I'd check in before we head out for breakfast and the Shelburne Museum, with a stop at the World's Tallest Filing Cabinet sculpture. Happy Bastille Day. We ate at a French restaurant last night, and I had the Salad Nicoise.

07-14-2025  
09:42:11 am



**BusterSci** I get that missing Almeida is a big deal. But UAE has Narvaez, A Yates, Sivakov, Soler. It's not like they've got no climbing talent left.

07-14-2025  
09:44:38 am



**BusterSci** But all you hear is Tadej is done because Almeida is gone

07-14-2025  
09:44:58 am



**Katie S** Hi, Trish.

07-14-2025  
09:45:02 am



**Trish in MA** Nevertheless, Almeida is a beast.

07-14-2025  
09:45:06 am



**Katie S** Tadej has never relied on his teammates like others we know/have known.

07-14-2025  
09:45:22 am



**BusterSci** True.

07-14-2025  
09:45:39 am



**BusterSci** Both prior statements

07-14-2025  
09:45:47 am





**Katie S** It's almost like they're a nice-to-have, not a must-have...

07-14-2025  
09:45:49 am



**BusterSci** And we're half way through this stage and it's still Wellens on the front. So the UAE climbers aren't burning matches and Adam Yates has been soft peddling the whole race so far.

07-14-2025  
09:47:47 am



**KimC** Morning all and happy Bastille Day!

07-14-2025  
09:50:55 am



**Trish in MA** I can report that my husband is now quite interested in an e-bike. We were able to cover 20 miles - flat - easily and without spectacular aches and pains from him. That little burst of power when you start pushing hard on the pedals was fun. So easy to pass people when you're doing 17 mph with no significant effort! But, boy, are they heavy! I want one of those racing bikes with the motors hidden in the down tubes.

07-14-2025  
09:51:55 am



**Katie S** without spectacular carping from him, either?

07-14-2025  
09:55:23 am



**Katie S** Sounds like a fun day

07-14-2025  
09:55:26 am



**KimC** Ryan and I are considering a tour group for next year's TDF that supports him riding a few of the Alps climbs- but I think I'll need an e-bike!

07-14-2025  
09:56:09 am



**Tim in KY** Still at the slowest imaginable.

07-14-2025  
09:56:48 am



**BusterSci** A few years ago Guillaume (of Mad Fly team) took a hop to Alpe d'Huez to climb it twice while his wife stayed traveling with her mom. I was hoping shoulder surgery would have taken care of my numbness while riding but no such luck. So I'm stuck with running.

07-14-2025  
09:58:18 am



**Alaska Dave** E-bikes allow people who would otherwise be unable to cycle continue. I was at an event that allows e-bikes now, and one man commented it was great for his wife to join him.

07-14-2025  
10:00:29 am



**Trish in MA** Katie, more carping than I wanted, but it was also very hot. We rode out the Burlington Bike Trail all the way to the Colchester Causeway, which is a former railroad bed that cuts across Lake Champlain to the

07-14-2025  
10:00:38 am

islands. There's a bike ferry (400 feet) to the island, which we chose not to do in the interests of time. Kim, the e-bike worked great on the "hills".



**Trish in MA** Well, have a great day everyone. It looks like we are finally ready to go out and about.

07-14-2025  
10:02:47 am



**Katie S** Have fun!

07-14-2025  
10:05:20 am



**BusterSci** Geraint Thomas is the first and only rider in the history of the Tour to have been both the youngest rider in a Tour and the oldest rider in a Tour.

07-14-2025  
10:05:44 am



**Rocket City Gal** Good morning all, and happy Bastille Day! I'm planning a sort of French themed dinner tonight. Already made a couple of baguettes with semi-success. Ratatouille (with peppers, tomatoes and squash from the garden) and some sort of scallops with leek thing are also on the menu. We'll just have a salad (not nicoise). I was going to get fancy and try to make madeleines without a madeleine pan, but that probably won't happen.

07-14-2025  
10:07:59 am



**Katie S** That's a fun piece of trivia, Buster.

07-14-2025  
10:08:22 am



**BusterSci** Cillian Kelly.

07-14-2025  
10:08:41 am



**Rocket City Gal** PCS keeps track of all sorts of weird stuff. Who in a breakaway has been with others in some other breakaway sometime.... who in the break has another sibling / relative riding in a race the same day....

07-14-2025  
10:09:16 am



**BusterSci** Yes, PCS does some good stuff. Cillian was the stats guy (and internet guru) for Eurosport and he helped put together the first few editions of The Road Book. One of the best things about Cillian is he loves to blow up other people's mistaken stats and factoids.

07-14-2025  
10:11:46 am



**BusterSci** Excuse me, not Eurosport but GCN

07-14-2025  
10:13:31 am



**Rocket City Gal** Regarding e-bikes -- a couple of years ago a woman showed up on a ride with an ebike. It probably weighed 35 lb or so. She had a knee replacement 6 weeks prior and had been cleared to ride, got the ebike but didn't go on any trial rides and had never been on any group bike rides before. We were doing a ride that was partly on a greenway which ends at a road. As riders were

07-14-2025  
10:14:11 am

stopping to check traffic on the road before proceeding to enter the road from the greenway, the new rider / new ebike rider failed to notice that people ahead of her were stopping. She ran into the person in front of her. The massively heavy ebike landed on her leg, breaking her fibula and tearing some tendons. Fortunately her new knee replacement was OK.



**Tim in KY** Heally seems to be holding his head at an odd angle.

07-14-2025  
10:15:09 am



**BusterSci** Always does, Timm

07-14-2025  
10:15:19 am



**BusterSci** He's this decade's Francisco Mancebo

07-14-2025  
10:15:35 am



**Rocket City Gal** Ebikes have given some of my older friends and those with ailments the ability to continue to do group rides. There's one guy, though, that waits until everyone's tired towards the end of the ride, goes to the front and switches his ebike into "go really fast" mode. That is not a popular move with everyone else, as you can imagine.

07-14-2025  
10:16:20 am



**KimC** RCG- Tendon and fibula tear recovery was probably a muuuuuch longer rehab than if she'd waited. How awful!

07-14-2025  
10:19:06 am



**Katie S** We have kids riding dirt-bike style ebikes to school ... ripping down the multi-use path, not wearing helmets and popping wheelies in front of the girls. (And, yes, they've all been boys on these things.)

07-14-2025  
10:21:54 am



**Katie S** And, yeah, I hear myself: GET OFF MY LAWN

07-14-2025  
10:22:19 am



**Katie S** 1 KU-ish

07-14-2025  
10:23:15 am



**Tim in KY** That's miles Katie.

07-14-2025  
10:23:37 am



**Katie S** of course it is. Have I said how much I dislike them using miles?

07-14-2025  
10:33:18 am



**Rob** Katie, are they ebikes or electric motorbikes? The kids on electric motorbikes over here are always doing that sort of thing, pulling wheelies and going down footpaths.

07-14-2025  
10:34:25 am





**Katie S** Funny the other day, Christian said, "I apologize I don't know what it is in miles, but it's 45 kilometers to [such and such]."

07-14-2025  
10:34:25 am



**Katie S** ebikes.

07-14-2025  
10:34:35 am



**Katie S** I think there are pedals on them

07-14-2025  
10:34:46 am



**Katie S** but now that you bring that up, i'll look more carefully next time

07-14-2025  
10:34:59 am



**Charlie in Tenn** Healy is trying to go.

07-14-2025  
10:37:12 am



**BusterSci** I walk Ripley on a circuit that includes multi-use trail and neighborhood created trail, and low-maintained but city park service trail.

07-14-2025  
10:40:34 am

We have walkers, runners, bikers, all who get along well. Then we have e-bikers who often feel to me like they have more power than they really know what to do with. And electric motorbikes that are officially banned from the official trails but ride them anyway. And then something gas powered that isn't quite a dirt bike--it's like a gasoline e-bike, which are ridden by a a group of kids that--at least last year when I last saw them--weren't legal to ride on the road, which they had to do to get to the trails.



**Rocket City Gal** Kim — I found the X-ray the afflicted rider sent afterwards (I was the one who rode back to the start, got my van, picked her up (and her massively heavy ebike) and took her back to the start while she tried to coordinate things with family members. The ride leader suggested she just hop back on the ebike and e-bike it back 9 miles. She could not bear weight....

07-14-2025  
10:41:29 am



**Rocket City Gal** [https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752504396-IMG\\_7180.jpeg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752504396-IMG_7180.jpeg)

07-14-2025  
10:41:38 am



**Rocket City Gal** This is what happens when your massively heavy E bike and you go down and the E bike lands on your leg

07-14-2025  
10:42:29 am



**KimC** Uuuuuuggghhhhh whew

07-14-2025  
10:42:59 am



**Rocket City Gal** She went to the ER and they told her that the fibula isn't important for walking anyway, and that she could just walk around

07-14-2025  
10:43:29 am

adamk, anne

SURGERY

mb

56 1/2

64



ne

SURGERY

mb

65



OEC

on it and see an orthopedic doc the next week. I recommended that she not do any weight-bearing until she'd actually seen the orthopedic doctor, which was the right answer.



**KimC** That image gives me the Fear.

07-14-2025  
10:43:38 am



**Rocket City Gal** The fibula might've healed on its own, but whatever was going on with the tendons was really the thing causing her ankle to be nonfunctional.

07-14-2025  
10:45:32 am



**Rocket City Gal** On a lighter note, here is the semi-successful result of the baguette endeavor.

07-14-2025  
10:46:41 am



**Rocket City Gal** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752504706-1752504406211.jpeg>

07-14-2025  
10:46:47 am



**Rocket City Gal** You cook them on high heat (460 deg) with a pan of water beneath them — that's what makes the outside crunchy with a nice soft interior. They got more brown than I would've liked, but otherwise it worked pretty well (and wasn't too hard).

07-14-2025  
10:49:20 am



**Katie S** gorgeous

07-14-2025  
10:51:18 am



**Katie S** I'm making focaccia from my sourdough starter

07-14-2025  
10:51:58 am



**Katie S** would love your recipe

07-14-2025  
10:52:08 am



**BusterSci** I've been making baguettes for close to a decade. The water pan also keeps the exterior moist longer, allowing for a more vigorous oven spring. I suggest you try either a large baking stone or steel, or a cookie sheet. And I can't see that you slashed them--also important for oven spring.

07-14-2025  
10:52:10 am



**Katie S** and yours

07-14-2025  
10:52:24 am



**Katie S** OK - NOW it is 1 KU-ish

07-14-2025  
10:52:59 am







**BusterSci** Some people say to spray the sides of the oven to get more steam, but they don't understand that does nothing but cool the oven off. 07-14-2025 10:54:38 am

I've had some luck with misting the loaf 3 times at 30s intervals. Again, facilitates oven spring and crisps the crust.

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**BusterSci** If you're a purist, the recipe is flour, water, salt and yeast, at about 75-80% hydration (that's baker's percentage.) A lot of people add 07-14-2025 10:57:59 am

diastatic malt and other things because they feel it makes a better crust or improves the rise or whatever. If you're a purist, that's an abomination. If you just want the best easy loaf without getting nutty about it, go right ahead and add stuff.

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**BusterSci** The old Baking with Julia book has a neat recipe that uses a nugget of dough from the prior batch to start then next batch. It isn't a 07-14-2025 10:59:55 am

sourdough because you don't let it go that long. But it does add flavor. Another key is LONG fermentation. You want to get those alcohols to add flavor. It's a two day process with an overnight slow ferment in the fridge.

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**Katie S** I gotta say - Quinn Simmons is proving to be a beast, silly hair and all. Maybe he actually is Samson. 07-14-2025 11:00:00 am

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**Tim in KY** We do baguettes the way they do in France. We go to the French bakery and buy them. 07-14-2025 11:00:30 am

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**Katie S** (I love the telling of Julia and Paul Child learning to bake baguettes, as told in the biography "Appetitie for Life") 07-14-2025 11:00:46 am

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**Rocket City Gal** My dough was a bit too mushy. I did scissor the top and folded the sections alternating directions, but it all sort of melded 07-14-2025 11:02:01 am

back together.

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**Rocket City Gal** [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752505634-1752505334604.jpeg) 07-14-2025 11:02:15 am

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752505634-1752505334604.jpeg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752505634-1752505334604.jpeg)

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**Tim in KY** Lenny left behind. 07-14-2025 11:02:28 am

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**BusterSci** We have two French bakeries close enough to buy from. Real French guys. Great pastries, cakes, etc. Their baguettes are like 07-14-2025 11:02:34 am

long, thin, wonder bread. I don't know if it's because that's what Minnesotans want or because they're pastry chefs and don't know bread

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**Tim in KY** 25 km banner.

07-14-2025  
11:03:53 am



**BusterSci** I just put a batch of bagels in the fridge for a long ferment.

07-14-2025  
11:03:57 am



**Tim in KY** Now Visma attacks the GC group. Weird.

07-14-2025  
11:06:56 am



**Charlie in Tenn** I am doing the pile of laundry but am a little tired. I just emptied the dryer and opened the washer to find a full load that was dry. I forgot to turn on the washer.

07-14-2025  
11:07:08 am



**BusterSci** Somebody in whatever they call the French department of labor has to be soiling themselves after seeing that backhoe whipping a guy around.

07-14-2025  
11:07:22 am



**Tim in KY** Missed that.

07-14-2025  
11:07:56 am



**Rocket City Gal** <https://lechefswife.com/baking-baguettes-for-beginners/> This us the recipe I used. Great explanations - and a video

07-14-2025  
11:08:11 am



**BusterSci** Looks like the race might be on.

07-14-2025  
11:10:58 am



**Rocket City Gal** My husband continues his accident-prone shenanigans. He thought the knives were too dull and used his fancy knife-sharpening apparatus to rectify the situation. Then he promptly knocked one of the newly-sharpened knives off the counter and it went point first into the top of his (bare) foot. He's on blood thinners, so it looked a lot more dramatic than it actually ended up being.... But still....

07-14-2025  
11:11:40 am



**Rocket City Gal** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752506240-1752505940187.jpeg>

07-14-2025  
11:12:21 am



**BusterSci** Sharp knives are safer. But playing one man mumbletypeg is never a good idea.

07-14-2025  
11:13:15 am



**Rocket City Gal** The cut was about 5 mm long and didn't appear to be terribly deep. But the kitchen was a bloody mess.

07-14-2025  
11:13:58 am





**Tim in KY** Only six guys up front now.

07-14-2025  
11:14:17 am



**Rocket City Gal** C'mon Quinn!!!

07-14-2025  
11:14:35 am



**Tim in KY** GC group down to 12.

07-14-2025  
11:14:55 am



**Rocket City Gal** 1 BREAKAWAY +0:00 118YATES Simon+24:58  
231HEALY Ben+3:55 362ARENSMAN Thymen+26:00 484SIMMONS  
Quinn+34:36 5117STORER Michael+1:02:05 6121O'CONNOR Ben

07-14-2025  
11:16:24 am



**BusterSci** How much time does the gap lose on this climb? I'm  
thinking half the current gap

07-14-2025  
11:17:29 am



**Tim in KY** Like classical Latin. All-caps, no spaces.

07-14-2025  
11:17:32 am



**Rocket City Gal** I was too lazy to edit on my phone. If the GC guys  
don't catch them, any of these guys could win. The shorter punchy  
nature of the climbs might favor Simmons/Healy

07-14-2025  
11:18:25 am



**bikerabe** Healy and EF could get Yellow !

07-14-2025  
11:21:07 am



**Tim in KY** Simmons slowing.

07-14-2025  
11:22:37 am



**Katie S** What's Healy's time gap +/- to Pog? I've lost track.

07-14-2025  
11:23:11 am



**BusterSci** 3:55

07-14-2025  
11:23:19 am



**Katie S** Oh, sorry, had I SCROLLED, I'd have seen RCG's post. (eye  
roll at self)

07-14-2025  
11:24:06 am



**Katie S** sitting in a mind-numbing meeting session .

07-14-2025  
11:24:39 am



**BusterSci** uncomfortably numb?

07-14-2025  
11:25:31 am



**Katie S** oh yeah

07-14-2025  
11:26:25 am



**Katie S** (heh heh)

07-14-2025  
11:26:41 am



**Tim in KY** Why would Pog and Jonas attack each other at this point.

07-14-2025  
11:27:40 am



**Katie S** The private equity firm that bought us has hired a series of executives that either, 1) lack imagination and leadership or 2) have been hobbled by said private equity people who definitely lack imagination and leadership.

07-14-2025  
11:28:06 am



**Katie S** Maybe they're just testing each other out. or they're uncomfortably numb in the saddle.

07-14-2025  
11:28:29 am



**BusterSci** I think Vingo wants to make Pog chase Matteo.

07-14-2025  
11:29:42 am



**Katie S** That's just mean. I wanna watch that.

07-14-2025  
11:29:56 am



**Rocket City Gal** 12 km and 6 I'm to the Pog/Vingo group. Healy's gonna be in yellow!!!!!!

07-14-2025  
11:30:12 am



**Rocket City Gal** 6 min

07-14-2025  
11:30:29 am



**Katie S** looks like Healy now has 2:14 over Pog

07-14-2025  
11:30:55 am



**Tim in KY** This is so pointless. What idiot is calling the shots for Visma?

07-14-2025  
11:31:20 am



**Rocket City Gal** The "green group" is over 26 minutes back. :D :D

07-14-2025  
11:31:49 am



**Tim in KY** That's a big enough group that OTL won't be applied to them.

07-14-2025  
11:32:41 am



**Tim in KY** 10 Km banner.

07-14-2025  
11:33:00 am





**Katie S** "Chase 3" and "Chase 4" are not exactly chasing, I would venture...

07-14-2025  
11:33:12 am



**BusterSci** It looks as though Pog's helpers can't match Matteo's accelerations. They come back, but they can't follow.

07-14-2025  
11:33:21 am



**BusterSci** Falling Back 3 and Falling Back 4 just doesn't sound as good.

07-14-2025  
11:33:55 am



**Rocket City Gal** Maybe Visma's trying to shell as many of the "lesser" GC guys off the back as possible? O/w it doesn't make much sense.

07-14-2025  
11:34:49 am



**Rocket City Gal** S Yates just sitting on the back.... He'll be well rested for the finale....,,

07-14-2025  
11:35:50 am



**Alaska Dave** Visma is using Movistar tactics? I have to root for Healy.

07-14-2025  
11:36:19 am



**Rocket City Gal** I don't think Healy will win the stage, but he will be in the yellow jersey.

07-14-2025  
11:37:06 am



**Rocket City Gal** And best young rider

07-14-2025  
11:37:33 am



**Tim in KY** NO, not the stage. And he may get nothing if Visma keeps being stupid.

07-14-2025  
11:38:25 am



**Rocket City Gal** GC group continues to thin out

07-14-2025  
11:38:36 am



**BusterSci** There goes Simon

07-14-2025  
11:39:28 am



**BusterSci** O Connor follows

07-14-2025  
11:39:57 am



**bikerabe** Simon Yates goes

07-14-2025  
11:40:04 am



**Tim in KY** O'Conner being un-O'Conner like.

07-14-2025  
11:40:14 am



**Rocket City Gal** 3 k to go

07-14-2025  
11:40:23 am



**Tim in KY** The unimaginable finish time is 17:53.

07-14-2025  
11:41:35 am



**Alaska Dave** arensman coming back

07-14-2025  
11:41:44 am



**Rocket City Gal** Ben still about a minute and a half ahead in virtual GC

07-14-2025  
11:42:03 am



**BusterSci** Man, that team car nonsense can disappear any time

07-14-2025  
11:42:08 am



**BusterSci** I think Pog would prefer Healy has yellow over the rest day

07-14-2025  
11:42:20 am



**Joanna in Virginia** Thank you to the Crosby Family for the very generous donation to the Tip Jar!

07-14-2025  
11:42:30 am



**Tim in KY** Now O'Conner is being Ben-like.

07-14-2025  
11:42:41 am



**BusterSci** I think I'm going to give you a dollar just so you can say "Thank you to Buster for a miserly contribution to the tip jar.

07-14-2025  
11:43:07 am



**Tim in KY** Absolutely, Buster.

07-14-2025  
11:43:07 am



**Katie S** [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752508112-IMG_5817-bastille.jpg)

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752508112-IMG\\_5817-bastille.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752508112-IMG_5817-bastille.jpg)

07-14-2025  
11:43:33 am



**Joanna in Virginia** Oh, Buster! LOL!

07-14-2025  
11:43:36 am



**Rocket City Gal** Healy gurning, legs churning, muscles burning

07-14-2025  
11:43:55 am



**BusterSci** Simon, and Thymen. Does one have a lisp?

07-14-2025  
11:44:10 am



*The Far Side*®

JULY

14

*Monday*

Marie Antoinette's last-ditch effort to save her head.



**Alaska Dave** Healy is gurning, Legs are really churning, muscles are burning. (converting to Haiku)

07-14-2025  
11:44:56 am



**Tim in KY** I can't believe Visma is burning so many unnecessary matches.

07-14-2025  
11:45:22 am



**Katie S** that sounds like a Tina Turner/Creedence mashup.

07-14-2025  
11:45:25 am



**Rocket City Gal** [https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752508246-IMG\\_7181.webp](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752508246-IMG_7181.webp)

07-14-2025  
11:45:48 am



**BusterSci** I disagree. Only Vingo's matches count. They're using the others to burn Tadej's

07-14-2025  
11:46:00 am



**Charlie in Tenn** Visma trying to keep Pog in yellow.

07-14-2025  
11:46:02 am



**Katie S** heh heh

07-14-2025  
11:46:09 am



**Alaska Dave** Simon low gears really turning, thymen in big gears grinding.

07-14-2025  
11:46:09 am



**BusterSci** C'mon Ben!

07-14-2025  
11:47:29 am



**bikerabe** Remco goes

07-14-2025  
11:48:02 am



**Rocket City Gal** Simon wins it

07-14-2025  
11:48:07 am



**BusterSci** Boy, he really opened up on Thymen

07-14-2025  
11:48:18 am



**Rocket City Gal** Arensmann2nd

07-14-2025  
11:48:27 am



**Rocket City Gal** Healy 3rd. Tick tick tick

07-14-2025  
11:48:40 am





**BusterSci** Oh. Good. Playing games now.

07-14-2025  
11:48:40 am



**Tim in KY** Poor Healy...

07-14-2025  
11:48:57 am



**Rocket City Gal** O'connor 4t

07-14-2025  
11:49:06 am



**Katie S** and there goes Pog

07-14-2025  
11:49:14 am



**KimC** I used to be a huge Yates fan- both of them. But I feel for Healy today.

07-14-2025  
11:49:21 am



**Rocket City Gal** Now Poggi and Vingo blast off

07-14-2025  
11:49:31 am



**BusterSci** Jeebs, did everyone else just stop?

07-14-2025  
11:49:40 am



**Tim in KY** Why does Pog want yellow on the rest day?

07-14-2025  
11:49:44 am



**BusterSci** I think he's just mad at Visma. I think that's part of Visma strategy.

07-14-2025  
11:50:10 am



**Tim in KY** What does that time need to be?

07-14-2025  
11:51:38 am



**Katie S** 3:5x, i think

07-14-2025  
11:52:01 am



**BusterSci** 20 second now

07-14-2025  
11:52:17 am



**BusterSci** 10 seconds

07-14-2025  
11:52:27 am






















**Rocket City Gal** Healy in yellow!!




07-14-2025  
11:52:34 am



**BusterSci** BEN!!!!!!

07-14-2025  
11:52:40 am

RNK	RIDER	UCI	PNT	TIME
1	 <b>YATES Simon</b>  Team Visma   Lease a Bike	210	100	4:20:05
2	 <b>ARENSMAN Thymen</b>  INEOS Grenadiers	150	70	0:09
3	 <b>HEALY Ben</b>  EF Education - EasyPost	110	50	0:31
4	 <b>O'CONNOR Ben</b>  Team Jayco AlUla	90	40	0:49
5	 <b>STORER Michael</b>  Tudor Pro Cycling Team	70	32	1:23
6	 <b>BLACKMORE Joseph</b>  Israel - Premier Tech	55	26	3:57
7	 <b>JOHANNESSEN Anders Halland</b>  Uno-X Mobility	45	22	4:38
8	 <b>MARTINEZ Lenny</b>  Bahrain - Victorious	40	18	4:51
9	 <b>POGAČAR Tadej</b>  UAE Team Emirates - XRG	35	14	"
10	 <b>VINGEGAARD Jonas</b> Team Visma   Lease a Bike	30	10	"

RANK		NAME		TIME	
1		HEALY Ben	25	37:41:49	
		EF Education - EasyPost			
2		POGAČAR Tadej		0:29	
		UAE Team Emirates - XRG			
3		EVENEPOEL Remco		1:29	
		Soudal Quick-Step			



**Katie S** NICE. Happy man!

07-14-2025  
11:53:00 am



**Tim in KY** Whew!

07-14-2025  
11:53:00 am



**Rocket City Gal** [https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752508741-IMG\\_7182.jpeg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752508741-IMG_7182.jpeg)

07-14-2025  
11:54:03 am



**Rocket City Gal** Today's top 10

07-14-2025  
11:54:10 am



**Katie S** very good.

07-14-2025  
11:54:28 am



**Rocket City Gal** [https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752508821-IMG\\_7183.jpeg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752508821-IMG_7183.jpeg)

07-14-2025  
11:55:22 am



**Alaska Dave** Healy will keep the jersey until Thursday.

07-14-2025  
11:55:22 am



**Rocket City Gal** Top 3 in GC

07-14-2025  
11:55:41 am



**Rocket City Gal** Stage 11 should be a sprint day.

07-14-2025  
11:56:05 am



**Katie S** Enjoy your Bastille Day repasts and rest day - see you Wednesday. Maybe hoist a Guinness for Healy.

07-14-2025  
11:56:12 am



**KimC** What an emotional stage!

07-14-2025  
11:56:23 am



**Charlie in Tenn** Good stage. Enjoy your rest day.

07-14-2025  
11:56:50 am



**Alaska Dave** enjoy the days.

07-14-2025  
11:57:15 am