



Tim in KY VaE Stage 11 is 180 kilometers from Saint-Palais to Urdax looping through the Basque Country os southwestern France and northern Spain. The first 123 km are ridden in France, the next 30 are in Spain. Back into France for 16 km, and the final 11 are in Spain.

03-Sep-2019
15:13:54



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567538379-stage-11-route.jpg>

03-Sep-2019
15:14:40



Tim in KY There are three categorized climbs, Two Cat 3s bookending a Cat 2 that marks the Franco-Spanish border. There are also several other uncategorized climbs early and late. All the climbing in the last 60 kilometers will probably discourage the sprinters and it's likely the win will come from the breakaway or a late attack by a classics-style rider.

03-Sep-2019
15:21:25



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567538796-stage-11-profile.jpg>

03-Sep-2019
15:21:37



Tim in KY Start time is 12:51 CEST (06:51 EDT). Finish is imagined between 17:20 and 17:50. Live stream at 15:00-ish. Forecast is for sunny in the mid-20s.

03-Sep-2019
15:27:05



BusterSci Urdax sounds like a name in a fantasy or SF story.

04-Sep-2019
06:18:28



Tim in KY A lot of Basque place names do.

04-Sep-2019
06:29:32



BusterSci Good point

04-Sep-2019
06:32:17



BusterSci A fact I will use in my D&D campaign.

04-Sep-2019
06:43:38



Tim in KY Here's my rule for the day: If a small break gets away early and easily it means some team is going to mind the gap for a sprint, if it takes forever for a large break to get away, the winner will come from the break. My money is on the latter.

04-Sep-2019
06:45:38



Tim in KY Riding in neutral.

04-Sep-2019
06:53:34



SAINT-PALAIS

80 m



URDAX-DANTXARINEA

93 m





BusterSci Reasonable prediction

04-Sep-2019
06:54:28



Tim in KY Breakaways so far and who to expect to see today: 1. Angel Madrazo (Burgos-BH), 451 km 2. Jesus Herrada (Cofidis), 310 km 3. Dylan Teuns (Bahrain-Merida), 276 km 4. David de la Cruz (Team Ineos), 271 km 5. Sergio Henao (UAE Team Emirates), 266 km.

04-Sep-2019
06:56:49



Tim in KY Break fight begins.

04-Sep-2019
06:59:15



Charlie in Tenn I think Dela Cruz goes again

04-Sep-2019
06:59:40



BusterSci Wonder if SammyBe thinks he can get over the Cat 2.

04-Sep-2019
07:00:18



Tim in KY He says not according to CN.

04-Sep-2019
07:01:45



Tim in KY Sam Bennett (Bora-Hansgrohe) won stage 3 of the race in the bunch sprint. The Irish champion doesn't think there'll be one today, though. "I don't think it's going to be a sprint today," he told Cyclingnews before the start. "It's hard at the start, and I think a strong break will go clear and stay away. There aren't many chances for sprinters left."

04-Sep-2019
07:02:24



Tim in KY Tomorrow, Saturday, next Wednesday and, of course, Sunday in Madrid are the sprint chances left. And tomorrow is iffy.

04-Sep-2019
07:07:32



BusterSci I don't know Sammy well enough to say he follows the pattern, but when a cyclist talks about the next stage and downplays his chances, he's usually lying.

04-Sep-2019
07:11:33



Tim in KY I think he's on target for today.

04-Sep-2019
07:13:05



Tim in KY A break of 11, including Madrazo have 0:22. For now.














04-Sep-2019
07:14:15



Katie Lane Just posted this one on the FB page, but putting it out here for all you PUB early birds. Doping is still a problem at La Vuelta. :D
[https://www.theguardian.com/sport/2019/sep/04/helicopter-rooftop-marijuana-plants-vuelta-spain-catalonia-race?](https://www.theguardian.com/sport/2019/sep/04/helicopter-rooftop-marijuana-plants-vuelta-spain-catalonia-race?fbclid=IwAR3s_XEHPi5K69jeCtFBTFTI6Od_3sMynPLDU1__9Cou_ooiMuLQQqMHHc4)

04-Sep-2019
07:16:20

fbclid=IwAR3s_XEHPi5K69jeCtFBTFTI6Od_3sMynPLDU1__9Cou_ooiMuLQQqMHHc4

-
-  **BusterSci** Floyd should leverage that one 04-Sep-2019
07:17:45
-
-  **Katie Lane** I need DeGendt to get in the break today, to challenge Team Tourmalet J. 04-Sep-2019
07:17:49
-
-  **Katie Lane** FWIW, the "plantations" didn't look particularly abandoned to me. 04-Sep-2019
07:18:47
-
-  **Tim in KY** How can anyone tell that's marijuana? 04-Sep-2019
07:19:35
-
-  **Katie Lane** Yeah, that's what _I_ thought. Just looks like green bushes to me. 04-Sep-2019
07:20:48
-
-  **BusterSci** My guess is the video raised an eyebrow and then it was checked out by authorities. 04-Sep-2019
07:20:49
-
-  **Tim in KY** Jorge Arcas (Movistar Team), François Bidard (AG2R La Mondiale), Gorka Izagirre (Astana Pro Team), Lawson Craddock (EF Education First), Damien Howson (Mitchelton-Scott), Amanuel Ghebreigzabhier, Ben O'Connor (Dimension Data), Matteo Fabbro (Katusha Alpecin), Angel Madrazo (Burgos-BH), Alex Aranburu (Caja Rural-Seguros RGA) and Mikel Iturria (Euskadi-Murias) have 0:58 on the peloton. There are four chasers in between. De Gendt is not among them. 04-Sep-2019
07:20:52
-
-  **Katie Lane** Darn. 04-Sep-2019
07:21:11
-
-  **Katie Lane** Iturria will get Tourmalet J some breakaway points. Double darn. 04-Sep-2019
07:21:58
-
-  **Katie Lane** And she has Arcas too... Triple darn. 04-Sep-2019
07:22:32
-
-  **Katie Lane** I think the dart gun was stacked. 04-Sep-2019
07:22:45
-
-  **Tim in KY** Gap is out to 2:02 now. 04-Sep-2019
07:25:08
-
-  **BusterSci** All that vestibular dysfunction she suffers from is caused by 04-Sep-2019
07:26:24

temporal distortion fields that allow her to see the future.

-
-  **Tim in KY** Rémi Cavagna (Deceuninck-Quick Step) has bridged to the break. 04-Sep-2019 07:28:34
-
-  **BusterSci** Rode a good TT yesterday 04-Sep-2019 07:29:02
-
-  **Tim in KY** So did Craddock. 04-Sep-2019 07:30:21
-
-  **Tim in KY** Gap is 3:28. I wonder who's minding. That's not a break-stays-away kind of gap. 04-Sep-2019 07:31:21
-
-  **BusterSci** I spent the rest day disassembling and cleaning our washing machine. There were a couple issues causing bad smells. But all the time in a crouch blew out my back and I've been unable to stand upright since. Loosened up by yesterday evening, returned this AM, and we'll see how long it takes to unwind. 04-Sep-2019 07:31:39
-
-  **Tim in KY** PT gave me a suite of exercises to do twice a day for my lower back muscles. 04-Sep-2019 07:33:12
-
-  **Katie Lane** Stretch, Buster, stretch. 04-Sep-2019 07:34:06
-
-  **Tim in KY** While the paint dries, I'm going to go for a walk in the cool of the morning. 04-Sep-2019 07:34:43
-
-  **BusterSci** Got a bulge at L4-L5. The silliest things can set it off. Running--no problem. Lifting a 70 pound trolling motor battery--not an issue. Carrying an empty cardboard box that catches a gust of wind--two days of pain. 04-Sep-2019 07:38:04
-
-  **BusterSci** I've strengthened things enough that normal "hinge" use of my back isn't an issue, but rotational motions still are. Psoas are strong but need to start modifying my Roman chair exercises to hit the obliques more. 04-Sep-2019 07:41:49
-
-  **BusterSci** Cyril Barthe gave up and there are only two trying to bridge now. Gap 6m+ 04-Sep-2019 07:43:39
-
-  **BusterSci** 14 in the break now as the two chasers complete the bridge, and CN admits they jumped the gun on Barthe. He's 5m back. 04-Sep-2019 07:50:23
-



Katie Lane That's not a break -- it's a mini-peloton

04-Sep-2019
07:52:08



Katie Lane Buster - yeah, go for rotational exercises for obliques / lats. A lot of the back exercises don't hit these groups. Also, sometimes hamstringing and pyriformis stretches can help with back stuff, oddly.

04-Sep-2019
07:53:32



Mons Soseman Good morning all.

04-Sep-2019
07:54:54



Mons Soseman Live has gotten in the way this Vuelta. I wish I could say "I'm back" today....

04-Sep-2019
07:55:12



BusterSci Do a lot of those stretches. I think if I'm honest with myself I'd say the best thing I could do right now is drop 15 pounds.

04-Sep-2019
07:55:16



BusterSci Hi, Mons. Glad you could drop in at least.

04-Sep-2019
07:55:29



Mons Soseman Three funerals and a wedding this week....

04-Sep-2019
07:56:02



BusterSci Almost a reverse movie, Mons.

04-Sep-2019
07:59:27



BusterSci My summer has been brief bits of recovery between days spent driving to visit my dad. I think we're getting to a stable place now.

04-Sep-2019
08:01:21



Mons Soseman glad to hear that

04-Sep-2019
08:02:29



bikerabe Break has 7 minutes already, looks like a day off for the peloton

04-Sep-2019
08:04:33




Charlie in Tenn None of those guys are on my team. I wish I had taken Aranburu. He won some stages in the race just before the Vuelta and I thought about him. Oh well.


04-Sep-2019
08:12:19





Tim in KY Here's the full 14: Jorge Arcas (Movistar Team), François Bidard (AG2R La Mondiale), Gorka Izagirre (Astana Pro Team), Rémi Cavagna (Deceuninck-Quick Step), Lawson Craddock (EF Education First), Benjamin Thomas (Groupama-FDJ), Damien Howson (Mitchelton-Scott), Amanuel Ghebreigzabhier, Ben O'Connor (Dimension Data), Matteo Fabbro (Katusha Alpecin), Ángel Madrazo (Burgos-BH),

04-Sep-2019
08:13:53


 **Tim in KY** I have none, as well Charlie. 04-Sep-2019
08:14:04


 **Katie** Good morning, all. Sorry about your back, Buster. Ugh. I saw the chiro the other day (follow-up from my smackdown with the earth), who asked if I stretched, and then said, "I'm going to give you my Lecture," while I was face down on her table. The Lecture consisted of admonitions to stretch 15 minutes day on all those back-influencing muscle groups, including such as Katie L highlighted. 04-Sep-2019
08:20:22


 **Tim in KY** Gap is 6:28. Somebody is minding but I don't know who. 04-Sep-2019
08:21:56


 **Tim in KY** The best placed rider in the break is Ben O'Conner at 37:08. 04-Sep-2019
08:23:16

 **bikerabe** break down to 6:10 04-Sep-2019
08:26:30


 **BusterSci** We have a local group of back clinics in town that specialize in rebuilding neck and back muscles to overcome back pain without surgery. 04-Sep-2019
08:30:36
Their exercise regimen is very effect (used them twice, and everyone I know who has gone has had great results.) But insurance companies refuse to pay because they insist it isn't medical treatment.


 **Katie Lane** Yeah, and then they shell out thousands for surgeries (which usually don't work too well). 04-Sep-2019
08:31:20


 **Katie Lane** Has anyone tried or know of anyone who has tried lumbar / facet injections? 04-Sep-2019
08:32:19

 **Tim in KY** With 119 km to go, right at the slowest imaginable. 04-Sep-2019
08:33:07


 **Tim in KY** 6:36 04-Sep-2019
08:33:15


 **Katie Lane** Compression fracture of L2 last year and L1 this year -- most stuff "OK" now but cycling puts me in a really bad place, and local back guy said it's an option that might help. Not keen on it. The literature looks sort of iffy. 04-Sep-2019
08:33:42


 **Katie Lane** Mostly, time and exercises have helped. But it's been months.... 04-Sep-2019
08:34:21


 **BusterSci** I would stay away unless it's a last resort attempt. 04-Sep-2019
08:35:58


 **Tim in KY** First Cat 3 starts in 8 km. 04-Sep-2019
08:38:02


 **Tim in KY** The "intermediate" sprint come with 8 km to go. 04-Sep-2019
08:38:24

 **Katie Lane** Urdax-Dantxarinea. Sort of rolls off the tongue. 04-Sep-2019
08:40:30

 **BusterSci** I worked for the company that invented spinal fusion cages. It was an experience that led me to be very suspicious of intervention for back pain. 04-Sep-2019
08:41:10


 **Katie Lane** They talked about kyphoplasty / vertebroplasty. I said, nuh-uh. 04-Sep-2019
08:41:59


 **BusterSci** Now that sounds more like a disease 04-Sep-2019
08:42:02

 **Tim in KY** Remember that tx in Basque is pronounced ch, so Dancharinea is reasonably euphonious. 04-Sep-2019
08:43:29

 **BusterSci** Still sounds like a disease. 04-Sep-2019
08:43:47

 **Katie Lane** I was thinking z... 04-Sep-2019
08:43:54

 **Katie Lane** But "ch" makes more sense. 04-Sep-2019
08:44:38

 **Katie** I had dancharinea once. I took immodium. 04-Sep-2019
08:44:45

 **Katie Lane** :P 04-Sep-2019
08:45:03



Joanna in New York Okay, back from teaching my first lesson of the day and am caught up. :-)

04-Sep-2019
08:45:30



Katie Hi Jo, bye Jo

04-Sep-2019
08:45:39



Joanna in New York I am starting to feel like the great "Gurning One" - 10 days in the leader's jersey but no tour win. Slimmest of margins.

04-Sep-2019
08:46:14



Joanna in New York I'll be here for a couple hours.

04-Sep-2019
08:46:28



BusterSci You're likely to pick up points today. Is your middle name "Karnak?"

04-Sep-2019
08:46:50



Joanna in New York Regarding facet joint injections...I had them in my cervical spine, prior to the last resort of surgery. A surgery I absolutely had to have.

04-Sep-2019
08:47:25



Joanna in New York Got all my luck in one race, Buster.

04-Sep-2019
08:48:11



Joanna in New York Glad to hear your Dad is doing better!

04-Sep-2019
08:48:25



Katie Lane I've been exploring options -- 5 months since the fracture, still can't cycle more than 20-30 miles (and no hills) without major discomfort, and still sleeping in a recliner. Sounds like if they do it and it helps, it can be therapeutic and diagnostic, but if not it's one and done.

04-Sep-2019
08:48:46



Katie Lane But I'm still very dubious.

04-Sep-2019
08:49:31



Katie Lane So, are we taking bets on the gap to the peloton today? How about 12 minutes?

04-Sep-2019
08:50:01



Katie Lane (at the finish)

04-Sep-2019
08:50:13



Tim in KY It's pretty stable at 7:00.

04-Sep-2019
08:50:29



Tim in KY Somebody cares.

04-Sep-2019
08:50:40



Katie Lane After the TT in the heat yesterday, most of these dudes just want to go piano. Esp. with the mountains coming up.

04-Sep-2019
08:50:48



Katie OK, it's time for the stream to start. Let's see how many minutes in arrears it is again today...

04-Sep-2019
08:51:01



Tim in KY Break is on the climb.

04-Sep-2019
08:51:07



BusterSci If they keep it this close, though, a sprinter or classics guy might want to reel things in.

04-Sep-2019
08:51:35



Katie Lane 7 minutes isn't as much as I'd have thought at this point. Maybe one of the "climbing sprinters" thinks they have a chance?

04-Sep-2019
08:51:37



Joanna in New York The injections did provide relief, but I know there is a difference in results based on location (C-Spine vs L-Spine). My sympathies.

04-Sep-2019
08:51:40



Katie Lane "I do all my own stunts... just not intentionally"

04-Sep-2019
08:52:06



Katie pfffft!

04-Sep-2019
08:52:13



BusterSci Excuse you, Katie.

04-Sep-2019
08:52:33



Katie movie trivia: Do you know that Clark Gable insisted on doing his own stunts in The Misfit? At age 59, he was dragged, tied with a rope, behind a horse. It was his last film (Gable's, not sure about the horse). He had a fatal heart attack later.

04-Sep-2019
08:53:27



BusterSci Frankly, my dear, (oof..ack...AAAaaaaahhhh...urrrnk!)

04-Sep-2019
08:54:49



Tim in KY Waiting for Gold so I can finally learn who's minding the gap.

04-Sep-2019
08:59:59



Katie i'm gonna mind their gap if they don't hustle. geez.

04-Sep-2019
09:00:25



Tim in KY There it is.

04-Sep-2019
09:00:42



Katie you're welcome

04-Sep-2019
09:00:53



BusterSci Wouldn't mind missing the music though.

04-Sep-2019
09:00:56



Katie Spanish euro electro rap pop?

04-Sep-2019
09:01:26



BusterSci Or "dreck"

04-Sep-2019
09:02:14



BusterSci I think that song gives people Dantxarinea

04-Sep-2019
09:03:41



Tim in KY It's 38 km from the top of the first climb to the start of the second.

04-Sep-2019
09:03:50



BusterSci Looks like Jumbo on the front

04-Sep-2019
09:03:59



Katie Do you ever feel like we're just an overcrowded balcony of Muppet codgers?

04-Sep-2019
09:04:00



Joanna in New York :D

04-Sep-2019
09:04:21



BusterSci Bit of an aspiration for me.

04-Sep-2019
09:04:23



Tim in KY Jumbo is overworking themselves, then.

04-Sep-2019
09:05:00



Joanna in New York [https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567602599-315px-StatlerandWaldorf\(2\).JPG](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567602599-315px-StatlerandWaldorf(2).JPG)

04-Sep-2019
09:05:00



Tim in KY Statler and Waldorf.

04-Sep-2019
09:05:14





Tim in KY Sammy B. drizzling off the back on this climb.

04-Sep-2019
09:06:20



Tim in KY Col d'Osquich (cat-3, km 77.2) 1. Angel Madrazo (Burgos-BH), 3 pts 2. Ben O'Connor (Dimension Data), 2 pts 3. Gorka Izagirre (Astana Pro Team), 1 pt.

04-Sep-2019
09:06:41



BusterSci Is Osquich the Basque Sasquatch?

04-Sep-2019
09:07:16



BusterSci Damn, that ain't purdy, is it?

04-Sep-2019
09:07:40



Joanna in New York Beautiful!

04-Sep-2019
09:07:50



Katie Looks like spring

04-Sep-2019
09:09:12



Katie Lane They're basquing in the sun today.

04-Sep-2019
09:10:01



BusterSci You're going to hell in a handbasquet.

04-Sep-2019
09:10:21



Katie Lane Pretty lumpy, but pretty.

04-Sep-2019
09:10:41



Tim in KY 3 KU 8:28.

04-Sep-2019
09:10:41



Joanna in New York <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567602944-1567602641936.jpeg>

04-Sep-2019
09:10:45



Katie Lane Good hair on the Bora dude.

04-Sep-2019
09:11:29



Joanna in New York Katie, you should asque for forgiveness for that pun.

04-Sep-2019
09:11:50



Katie Lane That's the lasque think I'd do.

04-Sep-2019
09:12:35





Katie Lane thing

04-Sep-2019
09:12:39



BusterSci That was a stretx

04-Sep-2019
09:13:26



Katie Lane <https://www.lavuelta.es/en/rider/42/bora-hansgrohe/shane-archbold> On second thought, I pulled up the full view, and this style just does NOT do it for me.

04-Sep-2019
09:13:34



Joanna in New York :S-

04-Sep-2019
09:14:01



BusterSci Looks like a Canadian hockey player.

04-Sep-2019
09:14:29



Katie Lane Too many teeth.

04-Sep-2019
09:14:50



BusterSci Teefs

04-Sep-2019
09:15:19



Katie Lane Around here, we talk about TTR (tooth-to-tattoo ratio).

04-Sep-2019
09:15:53



Katie Lane Lower ratio = more redneck.

04-Sep-2019
09:16:11



Joanna in New York <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567603288-Screen%20Shot%202019-09-04%20at%209.16.12%20AM.png>

04-Sep-2019
09:16:30



Joanna in New York On a side note, there are precious few mullet emojis...

04-Sep-2019
09:17:03



Katie Lane Thank goodness. Glad that fashion has pretty much spluttered out.

04-Sep-2019
09:17:49



BusterSci Clearly you're not a college hockey fan.

04-Sep-2019
09:18:17





BusterSci Speaking of teefs, head over to drbukk.com

04-Sep-2019
09:18:52



Joanna in New York Oh my...

04-Sep-2019
09:21:11



Miren Brinkman Morning, All. The video reminded me of when I was working in Galicia, and a Canadian colleague who was going on holiday, asked me to look after his plants. Of course, I said, thinking strange that a man that young has house plants. Anyway, I did. Actually thought the plants had died, and weeds had grown instead. Yes, they were definitely weeds.

04-Sep-2019
09:21:52



Katie oh my!

04-Sep-2019
09:22:09



Miren Brinkman Buster, unplugging a cooker got me a 3-day stay in hospital to recover. Lots of things going through a tube into my vein.

04-Sep-2019
09:24:10



Tim in KY Video is not showing time and distance today.

04-Sep-2019
09:28:26



bikerabe last check at 9:10 edt 8:10 gap now in feed zone

04-Sep-2019
09:29:15



Katie lavuelta shows 8:27 gap currently

04-Sep-2019
09:31:41



bikerabe Tony Martin on front for JV not surprising TT for him was slow after that massive road rash he got in previous crash.

04-Sep-2019
09:32:31



BusterSci Also, he has reached a point in his career where he sees TTs as rest days.

04-Sep-2019
09:33:18



Miren Brinkman Euskadi. One of my surnames, if I were to use the Basque way of using them, would be Etxebarria.

04-Sep-2019
09:33:22



Katie same name as a pro, isn't it? David Etxebarria?

04-Sep-2019
09:34:19



Joanna in New York Stickybottle.com reports that Roche has a fractured patella and will not ride in the World Championships.

04-Sep-2019
09:36:01



bikerabe 75.2 km t5o go

04-Sep-2019
09:38:04



BusterSci Well, I'm out for the day. And most of tomorrow. Should be back Friday.

04-Sep-2019
09:39:08



Joanna in New York Bye Buster, I'm heading out shortly, too.

04-Sep-2019
09:39:48



Tim in KY 74 km, 9:08.

04-Sep-2019
09:40:19



Katie see you Friday, then, Buster. Give your dad my regards.

04-Sep-2019
09:46:27



Joanna in New York Time for me to go. Hoping the break stays away and one of my Dudes crosses in front. :-) Have a great day, all!

04-Sep-2019
09:47:58



Tim in KY Finally the screen is showing didtance and time.

04-Sep-2019
09:48:02



bikerabe Ride Lawson Ride Fight Lawson Fight Win Lawson Win !

04-Sep-2019
09:49:41



Katie that oughta do it, Abe

04-Sep-2019
09:50:17



Tim in KY 2 KU, 9:17.

04-Sep-2019
09:51:26



Tim in KY Break is on the Cat 2. The top of the climb is the Franc/Spain border.

04-Sep-2019
09:56:49



Miren Brinkman Yes, Katie, same surname.

04-Sep-2019
10:00:03

















Katie Gap gradually lengthening, now 9:50. Tim, you still holding for the winner to come from the break?

04-Sep-2019
10:01:15



bikerabe gap 9:50

04-Sep-2019
10:01:33

-  **Tim in KY** Yes, I am. 04-Sep-2019
10:02:04
-
-  **Tim in KY** Goraka attacks the break. 04-Sep-2019
10:05:48
-
-  **Tim in KY** To no effect. 04-Sep-2019
10:07:06
-
-  **bikerabe** Madrazo at back of break 04-Sep-2019
10:07:17
-
-  **Tim in KY** 60 km, 10:02. 04-Sep-2019
10:07:25
-
-  **Tim in KY** Ben O'Conner, however has gotten a gap. 04-Sep-2019
10:08:44
-
-  **Tim in KY** But not for long. 04-Sep-2019
10:09:26
-
-  **Tim in KY** From the top of this climb, it's just 12 km to the start of the last climb. 04-Sep-2019
10:11:58
-
-  **Tim in KY** Goraka goes again. 04-Sep-2019
10:12:23
-
-  **Tim in KY** The KOM leader is a really lousy climber. 04-Sep-2019
10:13:44
-
-  **Tim in KY** Goraka Izagirre (Astana Pro Team) and Alex Aranburu (Caja Rural-Seguros RGA) crest a few seconds ahead of the rest of the break. 04-Sep-2019
10:15:35
-
-  **Miren Brinkman** Both Basques. Home country. 04-Sep-2019
10:18:26
-
-  **Tim in KY** The lead two have 15 seconds on the descent. The peloton is 11:13 back. 04-Sep-2019
10:18:49
-
-  **Tim in KY** Col d'Ispéguy (cat-2, km 123.2) 1. Alex Aranburu (Caja Rural-Seguros RGA), 5 pts 2. Goraka Izagirre (Astana Pro Team), 3 pts 3. Lawson Craddock (EF Education First), 1 pt. 04-Sep-2019
10:21:04
-



Tim in KY The lead two have 0:30 now.

04-Sep-2019
10:23:29



Katie EEJIT!

04-Sep-2019
10:25:04



Katie almost became a handlebar ornament

04-Sep-2019
10:25:17



Tim in KY Craddock is bridging.

04-Sep-2019
10:26:48



Katie Lane LAWSSSOOOONNNNN!!!!

04-Sep-2019
10:27:13



Tim in KY Cat 3 starts now.

04-Sep-2019
10:28:59



bikerabe 25" gap front 3

04-Sep-2019
10:29:03



Tim in KY 44 km 12:57.

04-Sep-2019
10:29:58



Tim in KY The rest of the break is closing on the climb.

04-Sep-2019
10:31:52



Tim in KY 0:21.

04-Sep-2019
10:31:58



Katie that ain't a-gonna last, is it?

04-Sep-2019
10:32:36



Tim in KY From the top of this climb it's still 37 km to the finish.

04-Sep-2019
10:33:47



Tim in KY Up to 0:26.

04-Sep-2019
10:34:34



Katie Lane This is just so gorgeous. But I wouldn't wanna bike there (except maybe with an E-Bike)

04-Sep-2019
10:35:44



bikerabe Howson and D-D rider persuing front 3

04-Sep-2019
10:38:45



Tim in KY Damien Howson (Mitchelton-Scott) and Amanuel Ghebreigzabhier (Dimension Data) are trying to bridge to the front 3.

04-Sep-2019
10:38:50



bikerabe Bobke talking about Spanish Inquisition

04-Sep-2019
10:39:58



bikerabe Peloton split

04-Sep-2019
10:40:24



bikerabe 5 in front now

04-Sep-2019
10:40:51



Mons Soseman Bobke getting facts wrong, as per usual.

04-Sep-2019
10:41:10



SFinAus Bobke - just the guy I'd cite on the Inquisition. ;)

04-Sep-2019
10:41:35



Mons Soseman The Spanish Inquisition was the first religious body to ban witch trials. NO ONE expects the Spanish Inquisition.

04-Sep-2019
10:41:52



Mons Soseman :)

04-Sep-2019
10:41:52



SFinAus Mons you should be third guy in the broadcast booth on these GTs so we could have some genuine historical and cultural info that doesn't come from a tourism guide handed out by the organizers.

04-Sep-2019
10:43:41



Tim in KY Howson and Gerbilizer have jouned the fron three.

04-Sep-2019
10:43:44



Mons Soseman :) you are to kind SFinAus

04-Sep-2019
10:44:25



Mons Soseman *too

04-Sep-2019
10:44:29



Tim in KY Howson attacks. Craddock goes with him.

04-Sep-2019
10:45:09



Katie Gerbilizer! Ha, good one, Tim.

04-Sep-2019
10:46:32



Tim in KY Howson, Craddock and Aranburu out front on the descent.

04-Sep-2019
10:47:12



Tim in KY Gorka bridging.

04-Sep-2019
10:48:56



Katie I find myself leaning into the cuves, while sitting here at my desk.

04-Sep-2019
10:49:26



Tim in KY Col de Otxondo (cat-3, km 142.8) 1. Damien Howson (Mitchelton-Scott), 3 pts 2. Lawson Craddock (EF Education First), 2 pts 3. Alex Aranburu (Caja Rural-Seguros RGA), 1 pt.

04-Sep-2019
10:49:30



Tim in KY Very piano back in the peloton. Gap is up to 15:04.

04-Sep-2019
10:50:40



Tim in KY Seven in the front group now.

04-Sep-2019
10:51:25



Katie And then there were six

04-Sep-2019
10:53:32



Katie well, scratch that, seven again. Just a different dude.

04-Sep-2019
10:54:03



Tim in KY Back in France now.

04-Sep-2019
10:54:40



bikerabe 4 catching 7

04-Sep-2019
10:57:53



bikerabe Iturria goes

04-Sep-2019
10:58:48



SFinAus I'm looking forward to watching the replay tonight.

04-Sep-2019
10:59:15



Trish in MA Me too.

04-Sep-2019
10:59:32



Katie Did all the building owners in this town repaint their window frames red for the Vuelta? Oddly uniform...

04-Sep-2019
10:59:38



bikerabe Hope it keeps getting More interesting

04-Sep-2019
11:00:02



bikerabe Red trim a Basque political statement?

04-Sep-2019
11:01:05



Tim in KY Basque country is like that Katie. Very uniform paint scheme.

04-Sep-2019
11:01:26



Charlie in Tenn What did I miss? Sorry my quit errand turned into a longer mission.

04-Sep-2019
11:02:52



Tim in KY The "chase" is completely unorganized.

04-Sep-2019
11:03:18



Katie Had a breakaway of two, which became three, then eventually seven. then six for a moment, then seven again and how it's up to 11 or something. And pretty countryside.

04-Sep-2019
11:03:41



Tim in KY Iturria has 0:27 and rising.

04-Sep-2019
11:03:55



Charlie in Tenn OK, I understand.

04-Sep-2019
11:04:14



SFinAus Nice synopsis Katie.

04-Sep-2019
11:04:16



Tim in KY Right on the imagined time.

04-Sep-2019
11:05:52



bikerabe 38" now

04-Sep-2019
11:06:34



Tim in KY Gavagna punctures.

04-Sep-2019
11:12:06



Tim in KY 15 km banner.

04-Sep-2019
11:12:35



Charlie in Tenn That sucks

04-Sep-2019
11:13:20



Tim in KY Back into Spain at 11 km.

04-Sep-2019
11:15:41



Katie Cavagna back

04-Sep-2019
11:15:50



bikerabe Cavanga attacks

04-Sep-2019
11:16:13



Tim in KY As if it mattered, the peloton is 17:00 back.

04-Sep-2019
11:17:33



Katie I think they stopped for tapas

04-Sep-2019
11:17:52



Katie they're just tapa-ing out a mellow cadence

04-Sep-2019
11:18:24



bikerabe Vavagna and Lastra 18" behind Iturria

04-Sep-2019
11:19:17



bikerabe Cavagna

04-Sep-2019
11:19:37



bikerabe D-D rider goes by

04-Sep-2019
11:20:03



Tim in KY Gierbilizer.

04-Sep-2019
11:20:21



bikerabe Howson up there

04-Sep-2019
11:20:36



bikerabe Bidard there

04-Sep-2019
11:21:47

















Katie Craddock too

04-Sep-2019
11:24:21



Tim in KY 7 km banner.

04-Sep-2019
11:25:23

-
-  **Tim in KY** Craddock and Howson go. 04-Sep-2019
11:26:49
-
-  **Tim in KY** 6 km banner. 04-Sep-2019
11:27:06
-
-  **Katie** these guys are flying 04-Sep-2019
11:28:30
-
-  **Katie** flying 04-Sep-2019
11:28:32
-
-  **Miren Brinkman** Iturria, another Basque. I'm happy to see Euskadi team back in the forefront. 04-Sep-2019
11:29:07
-
-  **Tim in KY** 4 km banner. 04-Sep-2019
11:29:07
-
-  **Charlie in Tenn** 3 km banner 04-Sep-2019
11:30:17
-
-  **Tim in KY** Lastra is wheel sucking. 04-Sep-2019
11:30:33
-
-  **Katie** gap is a bit wider 04-Sep-2019
11:30:52
-
-  **Tim in KY** Cat and mouse stupidity. 04-Sep-2019
11:31:21
-
-  **Katie** they split around a round-about 04-Sep-2019
11:31:22
-
-  **Katie** but gap to Iturria is shrinking rapidly 04-Sep-2019
11:31:40
-
-  **Katie** dang and blast 04-Sep-2019
11:31:51
-
-  **bikerabe** close 04-Sep-2019
11:31:52
-



Katie c'mon Iturria!

04-Sep-2019
11:32:28



Tim in KY Kite.

04-Sep-2019
11:33:04



Katie Venga!

04-Sep-2019
11:33:30



bikerabe Beauty

04-Sep-2019
11:34:11



Katie Lane Whew. I'm exhausted!

04-Sep-2019
11:34:47



Charlie in Tenn That was a good ride by the winner.

04-Sep-2019
11:34:55



Katie GREAT finish. Love the media mics in the poor guy's face. Only can hear panting.

04-Sep-2019
11:35:31



Trish in MA And now we wait, and wait, and wait for the peloton.

04-Sep-2019
11:35:48



Katie time to go make espresso

04-Sep-2019
11:36:05



Katie or maybe a lungo (what's that in Spanish?)

04-Sep-2019
11:36:17



Charlie in Tenn <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567611704-stage%2011.PNG>

04-Sep-2019
11:36:45



Katie Lane (Team Tourmalet J has Iturria. Figures.)

04-Sep-2019
11:36:58



Katie She has good horsesense, Katie L

04-Sep-2019
11:37:32



Charlie in Tenn Can she be stopped?

04-Sep-2019
11:37:42



Katie Lane Neigh.

04-Sep-2019
11:37:50



Tim in KY The peloton is still 10 km out.

04-Sep-2019
11:37:55



Katie that horse has left the barn, Charlie

04-Sep-2019
11:37:57



Katie Lane (You walked into that one)

04-Sep-2019
11:37:59



Katie (very clever)

04-Sep-2019
11:38:20



Katie Lane Don't whinny about it. She's clearly having a hay-day this year.

04-Sep-2019
11:38:30



Trish in MA All these puns are just foal.

04-Sep-2019
11:38:56



Charlie in Tenn Everybody needs a straight man. (well of course not everybody)

04-Sep-2019
11:39:02



Katie not me!

04-Sep-2019
11:40:03



Katie Lane Stable riders, hoofing it along the roads of Spain, sending withering looks back at their rivals, not merely staying with the peloton but coming first across the line.

04-Sep-2019
11:40:51



Katie Lane Or should I say galloping across the line.

04-Sep-2019
11:42:19



Katie Lane More hills tomorrow! Should be fun!

04-Sep-2019
11:42:31



Katie Katie L, you are on a roll. (Sorry, can't come up w/ a pun for that one)

04-Sep-2019
11:45:10



Tim in KY Cows.

04-Sep-2019
11:48:05

11ª etapa : Saint-Palais • Urdax-Dantxarinea
Clasificación general provisional

1	P. Roglic		TJV	41:00:48	
2	A. Valverde		MOV	+1:52	
3	M.Á. López		AST	+2:11	
4	N. Quintana		MOV	+3:00	
5	T. Pogacar		UAD	+3:05	
6	C.F. Hagen		LTS	+4:59	
7	R. Majka		BOH	+5:42	
8	N. Edet		COF	+5:49	
9	D. Teuns		TBM	+6:07	
10	H. Pernsteiner		TBM	+8:44	

11ª etapa : Saint-Palais • Urdax-Dantxarinea
Clasificación etapa provisional

1	M. Iturria			4:36:44
2	J. Lastra		CJR	+6
3	L. Craddock		EF1	+6
4	D. Howson		MTS	+6
5	F. Bidard		ALM	+6
6	A. Ghebreigzabhier		TDD	+9
7	B. Thomas		GFC	+12
8	M. Fabbro		TKA	+12
9	G. Izagirre		AST	+12
10	R. Cavagna		DQT	+12



Katie trying to keep the peloton motivated

04-Sep-2019
11:48:24



Trish in MA You're really milking it.

04-Sep-2019
11:49:34



Trish in MA Are they even showing pictures of the peloton or is it just post-race interviews and race highlights?

04-Sep-2019
11:50:34



Katie they're showing the peloton. Jumbo leading the group, some laughing group a slight bit back

04-Sep-2019
11:51:12



Katie Madrazo appears to have crashed, but is back up

04-Sep-2019
11:51:25



Katie on my feed the peloton is within the 1 km

04-Sep-2019
11:51:42



Katie "a relatively cruise-y day" for Jumbo, says the commentator

04-Sep-2019
11:53:01



Katie See you tomorrow!

04-Sep-2019
11:54:58



Charlie in Tenn <https://rumbletalk-images->

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567613063-stage%2011%20GC.PNG](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567613063-stage%2011%20GC.PNG)

04-Sep-2019
11:59:24



Charlie in Tenn See everyone tomorrow.

04-Sep-2019
11:59:51