



Tim in KY VaE Stage 7 is 201 kilometers from Utiel to Oliva in Valencia province. Utiel is in the interior heights and the route loops north from there and then east to the city of Valencia on the coast and then south along the Mediterranean to the finish town.

08-31-2023
03:29:39 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1693510489-stage-7-route.jpg>

08-31-2023
03:29:51 pm



Tim in KY The start is at 700 meters of elevation and the route makes a lumpy descent to sea level at the halfway point. It's a dead flat along the coast to a likely bunch sprint finish.

08-31-2023
03:30:35 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1693510545-stage-7-profile.jpg>

08-31-2023
03:30:46 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1693510555-stage-7-route-finish.jpg>

08-31-2023
03:30:56 pm



Tim in KY Kilometer zero is scheduled for 12:57 CEST. Finish is imagined either side of 17:30. Forecast is for sunshine with temps in the upper-20s.

08-31-2023
03:31:57 pm



Tim in KY In neutral.

09-01-2023
06:54:23 am



Tim in KY No DNS today.

09-01-2023
06:55:50 am



Tim in KY Km0 achieved.

09-01-2023
07:06:30 am



Tim in KY Expecting a typical sprint-stage easy break.

09-01-2023
07:07:45 am



Tim in KY And so it is. JosÃ© Herrada (Cofidis) and Ander Okamika (Burgos-BH) have a minute on the peloton.

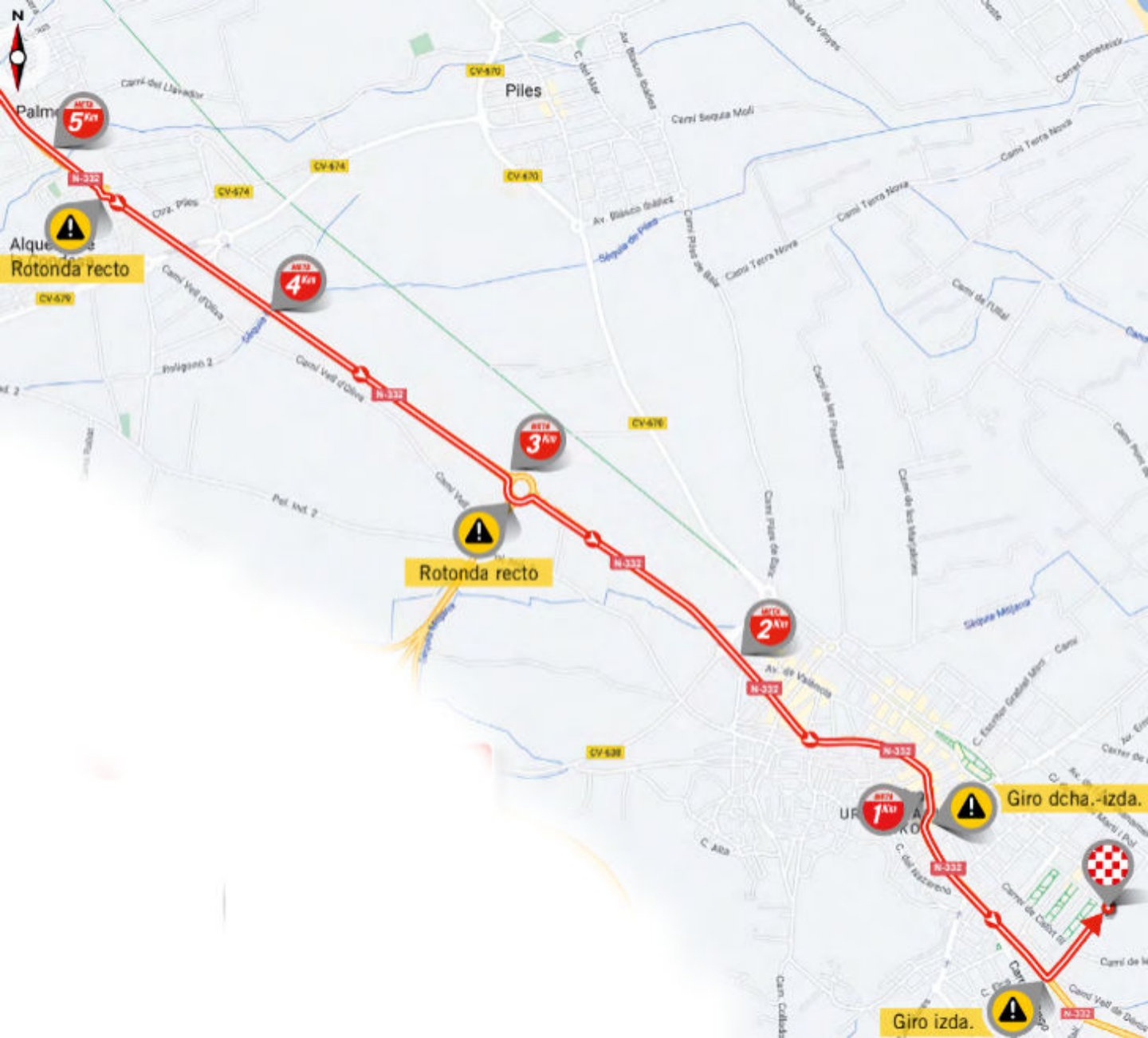
09-01-2023
07:10:42 am



Tim in KY Time for chores and a walk.

09-01-2023
07:11:10 am







Tim in KY Alpecin minding the gap at 2:35.

09-01-2023
07:21:26 am



Tim in KY For now.

09-01-2023
07:21:32 am



John Enjoy your walk Tim

09-01-2023
07:54:07 am



Tim in KY Thanks, John. It was. Another beautiful fake fall day. The last, sadly.

09-01-2023
08:03:16 am



Tim in KY Gap holding just over 2 minutes.

09-01-2023
08:03:37 am



Tim in KY Just paint drying, Katie.

09-01-2023
08:12:26 am



Katie S Good morning, Tim and John. I am hoping to get out for a walk this morning after some work stuff. We have a drippy day of fog after some very warm days, tinged with haze.

09-01-2023
08:12:50 am



Tim in KY Fog in the Bay area. Hard to believe.

09-01-2023
08:13:39 am



Katie S Shocking, I know.

09-01-2023
08:14:19 am



John I moved to the Bay area on this day in 1994. Nothing like starting work right before a 3-day weekend

09-01-2023
08:15:26 am



Katie S Nice way to ease in

09-01-2023
08:28:35 am



Tim in KY Because it's time for the live stream to start, it's also time for errands.

09-01-2023
08:47:03 am




Katie S of course


09-01-2023
08:48:58 am





John See you in a while


09-01-2023
08:53:18 am

 **Katie S** Okamika pulls over w/ a puncture, leaving Herrada the sole leader. He's back riding now. 09-01-2023 09:21:15 am

 **Katie S** 110 km to go, Okamika back w/ Herrada, gap is less than 1 minute. 09-01-2023 09:23:40 am

 **Katie S** Thomas is about 45 seconds behind the peloton with a teammate. Not sure what happened. 09-01-2023 09:32:40 am


 **Katie S** Oh - to get treatment for his earlier crash, they say 09-01-2023 09:33:01 am


 **John** t€™s a slow day, thankfully, so he can catch up 09-01-2023 09:34:32 am


 **Katie S** Yep, and he's back 09-01-2023 09:41:16 am


 **Tim in KY** I'm sorry I missed all that excitement. 09-01-2023 09:46:52 am


 **Katie S** it was riveting 09-01-2023 09:47:07 am


 **Tim in KY** I still have one more chore but it can wait until they're on the beach. 09-01-2023 09:52:53 am

 **PasadenaK8** Mornin'. Looks like I made it just in time for
.... _____ 09-01-2023 09:55:49 am

 **Bill Wilkinson** Nice representation of the downhill... :-D 09-01-2023 09:57:16 am

 **Bill Wilkinson** Remco's enjoying himself out there today. 09-01-2023 09:58:18 am

 **Katie S** yeah, today's profile looks like the monitor on one of those hospital TV melodramas. 09-01-2023 09:58:20 am

 **Bill Wilkinson** Interesting stretch by the Cofidis rider....foot over the saddle... 09-01-2023 09:59:20 am



Katie S new aero pose

09-01-2023
09:59:39 am



PasadenaK8 <https://rumbledtalk-images->

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1693577301-1693576955639.jpeg

09-01-2023
10:03:25 am



PasadenaK8 Speaking of the route, came across this interpretative graphic of the Vuelta race route.

09-01-2023
10:03:27 am



Katie S GC: GOODEST cyclist, i LOVE that

09-01-2023
10:07:42 am



Bill Wilkinson Just gonna borrow some monster mountains, kthxbye... :D :D

09-01-2023
10:09:30 am



Charlie in Tenn Hey gang. I am still cleaning and not cleaning. That is about it.

09-01-2023
10:12:05 am



Katie S just like the riders ... racing and not racing.

09-01-2023
10:14:20 am



Tim in KY Way slower than the slowest...

09-01-2023
10:15:05 am



Tim in KY It's taking way too long to get to the beach.

09-01-2023
10:17:45 am



Charlie in Tenn After O'Ganna came in second I moved up 2 places in fantasy. I am looking forward to him winning the sprint today and moving up 3 or 4 more places. If Cimolai could go ahead and act like a sprinter and get a few points that would be a bonus.

09-01-2023
10:18:14 am



Tim in KY That cable-stayed bridge looked way over-engineered.

09-01-2023
10:20:35 am



Katie S i'd rather over-engineered, I think. At the national museum in Edinburgh, they had on display a piece of a torn iron girder from the Tay Bridge disaster in 1879.

09-01-2023
10:25:44 am



John Me too Katie. The last under engineered craft didn't work out so well

09-01-2023
10:36:21 am

VUELTA a ESPAÑA 2023

ROUND 78
 20+ stages
 4 weekends
 52724m of up ↑↑↑
 3157.5km, mostly road
 176 men whose job is bike

26th August - 17th September
 (long-suffering #couchpeloton)
 starts a day later
 = HOT MESS MAP =
 Non-pro guide to La Vuelta

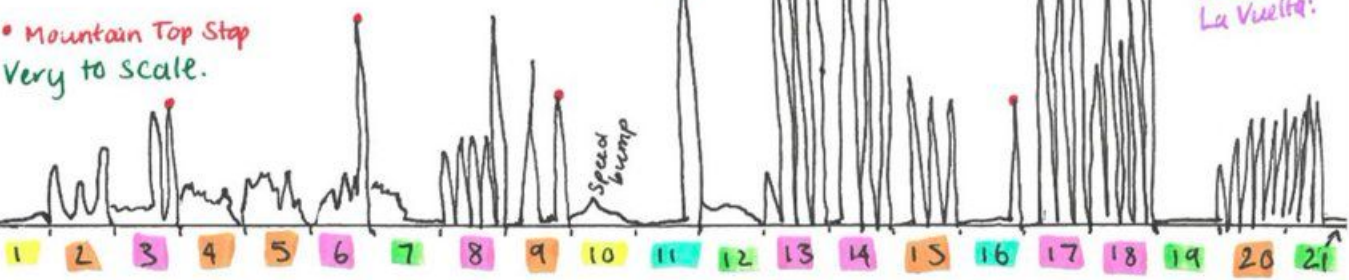
WIN PRIZES:

- GC = Goodest Cyclist
- Hybrid fast + climby rider
- King of Tops Wins the Sports
- Never heard of Aqua
- Most popular Spanish rider as voted by their Mum.



VUELTA "FLAT"
 FLAT + KICKER (Vuelta Special)
 MINI MOUNTAINS
 PROPER MOUNTAINS
 TT +/- FW drafting B

49 Categorized Climbs!
 5 x ESP
 13 x CAT 1
 10 x CAT 2
 21 x CAT 3
 + Bonus Surprise Climbs because La Vuelta!





SFinAus Hello all. Belinda's (@reallispoketome) GT "Hot Mess Map" is a nice landing as I enter the pub. She does one for each GT. Lots of detail and fun to work through.

09-01-2023
10:39:13 am



Charlie in Tenn FYI - The Tour of Britain Fantasy league is up. The race starts Sunday. Also there is another race for the superclasico sixes on Sunday. There are 9 races in September (7 more in October)so stay on top of your picks.

09-01-2023
10:40:44 am



PasadenaK8 I liked Belinda's "Most Combative" icon marked as the "Most popular Spanish rider as voted by their Mum". *;-)

09-01-2023
10:41:16 am



PasadenaK8 Just under 20kms until the Sprint, (for bit of "excitement" within the paint drying)

09-01-2023
10:50:44 am



Tim in KY End o'break.

09-01-2023
11:04:24 am



Katie S to the relief of the break

09-01-2023
11:04:35 am



Katie S "Dios mio, what took you so long?!"

09-01-2023
11:05:05 am



Katie S 1 KU

09-01-2023
11:15:25 am



Charlie in Tenn Eurosport commentators have decided O'Ganna cannot become a sprinter but with this field he should continue to try. There is a roundabout near the finish is a very small. Not as bad as it looks.

09-01-2023
11:15:46 am



Charlie in Tenn Vingé gets 2 secs at the sprint for 3rd.

09-01-2023
11:16:09 am



SFinAus NRRBBB: I saw yesterday that De Gendt messaged a note of thanks to the anonymous fan who helped him when his chain dropped. He said the fan got the chain back on while telling him what a machine ("machina") he is and was giving him a starting push all in about 5 seconds.

09-01-2023
11:18:35 am



KimC Pasadena- That map is delightful!!!

09-01-2023
11:18:54 am



PasadenaK8 :D

09-01-2023
11:20:37 am



PasadenaK8 Here's Belinda's Twitter feed, where I saw it.
<https://twitter.com/reallyspoketome>

09-01-2023
11:22:07 am



SFinAus She does some really fun rest day race and stage summary review videos too.

09-01-2023
11:24:03 am



PasadenaK8 Thanks - gtk - I just came across her feed for the first time, a few days ago. Will keep an eye out for her upcoming Rest Day video.

09-01-2023
11:26:54 am



Tim in KY I don't think I've ever been as bored by a stage and the desultory pace really adds to that.

09-01-2023
11:26:55 am



Bill Wilkinson Well, my guess is that Vingo sees Remco as a bigger threat than Pog was, given him going for bonus sprint seconds...

09-01-2023
11:27:58 am



Charlie in Tenn If I was watching, I would agree with you.

09-01-2023
11:28:00 am



Tim in KY Bobke agrees with me.

09-01-2023
11:28:28 am



Bill Wilkinson Remco busting his buddies' chops all day....looks like he's bored, too...

09-01-2023
11:29:30 am



Charlie in Tenn I guess Bobke has to watch.

09-01-2023
11:30:42 am



SFinAus Desultory - nice word choice. King Kelly agrees with you too, Tim.

09-01-2023
11:30:44 am



Katie S Yeah, like watching guys on a club ride. The colors are pretty, though.

09-01-2023
11:34:57 am



Tim in KY They are currently 25 minutes slower than the slowest..

09-01-2023
11:41:58 am



Bill Wilkinson Note: Don't use race profiles that look like the upper half of a Mandelbrot set...*yawn!*

09-01-2023
11:45:39 am



Bill Wilkinson CVV throwing some shade at Ineos...are they a GC team? or riding for O'ganna?

09-01-2023
11:47:26 am



Bill Wilkinson 10.9k, gruppo compatto

09-01-2023
11:49:37 am



PasadenaK8 A little too compatto, it looks like.

09-01-2023
11:49:57 am



SFinAus A crash is not the way to spice up this stage.

09-01-2023
11:49:58 am



Bill Wilkinson crash

09-01-2023
11:49:59 am



Katie S whoops

09-01-2023
11:50:02 am



SFinAus Kuss in it?

09-01-2023
11:50:21 am



Katie S they say yes

09-01-2023
11:50:28 am



Bill Wilkinson Latour,

09-01-2023
11:50:48 am



SFinAus Up and riding. Hopefully won't need more face bandages.Â :)

09-01-2023
11:51:09 am



Bill Wilkinson Latour still on the side of the road....

09-01-2023
11:51:44 am



SFinAus Finally, men riding very fast.

09-01-2023
11:54:05 am



Charlie in Tenn PCS says all the riders are back on their bikes.

09-01-2023
11:54:07 am



Tim in KY The slowest imaginable finish time was 11 minutes ago. Fortunately for the riders tomorrow's start town is just a few minutes south.

09-01-2023
11:54:57 am



SFinAus I have meeting at 11.Â This is going down to the wire.

09-01-2023
11:55:20 am



SFinAus Worse crash.Â :(

09-01-2023
11:55:34 am



Katie S oh man

09-01-2023
11:55:57 am



Charlie in Tenn another crash

09-01-2023
11:56:15 am



Bill Wilkinson Yeesh!

09-01-2023
11:56:23 am



Katie S drowsy riders?

09-01-2023
11:56:41 am



Bill Wilkinson Ayrensman

09-01-2023
11:56:50 am



Bill Wilkinson Still face down....

09-01-2023
11:57:03 am



Tim in KY Under 3km now.

09-01-2023
11:58:21 am



Bill Wilkinson Not looking good for Arensman....

09-01-2023
11:58:33 am



Katie S no

09-01-2023
11:59:00 am



Mikey Did I miss anything?

09-01-2023
11:59:23 am



Bill Wilkinson Mikey: crashes....

09-01-2023
11:59:47 am



Mikey Never a good thing to hear neck brace

09-01-2023
12:00:13 pm



Bill Wilkinson Kite

09-01-2023
12:01:01 pm



SFinAus Really crappy camera direction and a crazy finale.

09-01-2023
12:01:34 pm



Katie S Race is over on my side, but I'll stay mum and go hop on my business call

09-01-2023
12:01:49 pm



Bill Wilkinson Sneezed and missed it...

09-01-2023
12:02:07 pm



Katie S and cuz I don't know who won

09-01-2023
12:02:17 pm



Mikey Never thought I'd make it back in time to see any of it.... Guess I missed all kinds of paint drying

09-01-2023
12:03:21 pm



Tim in KY Either a Caja or a Total.

09-01-2023
12:03:34 pm



Tim in KY I guess it was the Total.

09-01-2023
12:03:47 pm



Mikey Soup de jour

09-01-2023
12:03:53 pm



KimC BEARD!

09-01-2023
12:03:56 pm



Charlie in Tenn Soup

09-01-2023
12:03:58 pm



PasadenaK8 Won by a (beard) hair.

09-01-2023
12:04:23 pm



Mikey I guess it pays to show up with 2k to go

09-01-2023
12:04:40 pm



Charlie in Tenn It did today, for sure.

09-01-2023
12:05:12 pm



Mikey I'm not even sure, (have to check) but I think soup is on my fantasy team!

09-01-2023
12:05:55 pm



SFinAus Between the crashes and that last late hard turn everything was upturned.

09-01-2023
12:06:03 pm

1	G. Soupe		TEN	4:56:29
2	O. Aular		CJR	m.t.
3	E. Theuns		LTK	m.t.
4	S. Molano		UAD	m.t.
5	K. Groves		ADC	m.t.
6	M. Van Den Berg		EFE	m.t.
7	D. González		CJR	m.t.
8	H. Page		ICW	m.t.
9	F. Ganna		IGD	m.t.
10	M. Govekar		TBV	m.t.



SFinAus That would be a nice prize for today Mikey.

09-01-2023
12:06:43 pm



SFinAus Ok. I gotta pay attention to my meeting. Thanks everyone.

09-01-2023
12:07:19 pm



Charlie in Tenn <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1693584748-sprint%206.PNG>

09-01-2023
12:07:30 pm



Bill Wilkinson Arensman going into the ambulance on a back board, with neck brace...

09-01-2023
12:07:59 pm



Katie S that is one heck of a manly beard

09-01-2023
12:09:36 pm



Charlie in Tenn OK, see everyone tomorrow.

09-01-2023
12:11:22 pm



Bill Wilkinson Enjoy the day!

09-01-2023
12:12:13 pm



PasadenaK8 Mañana...

09-01-2023
12:12:13 pm