


















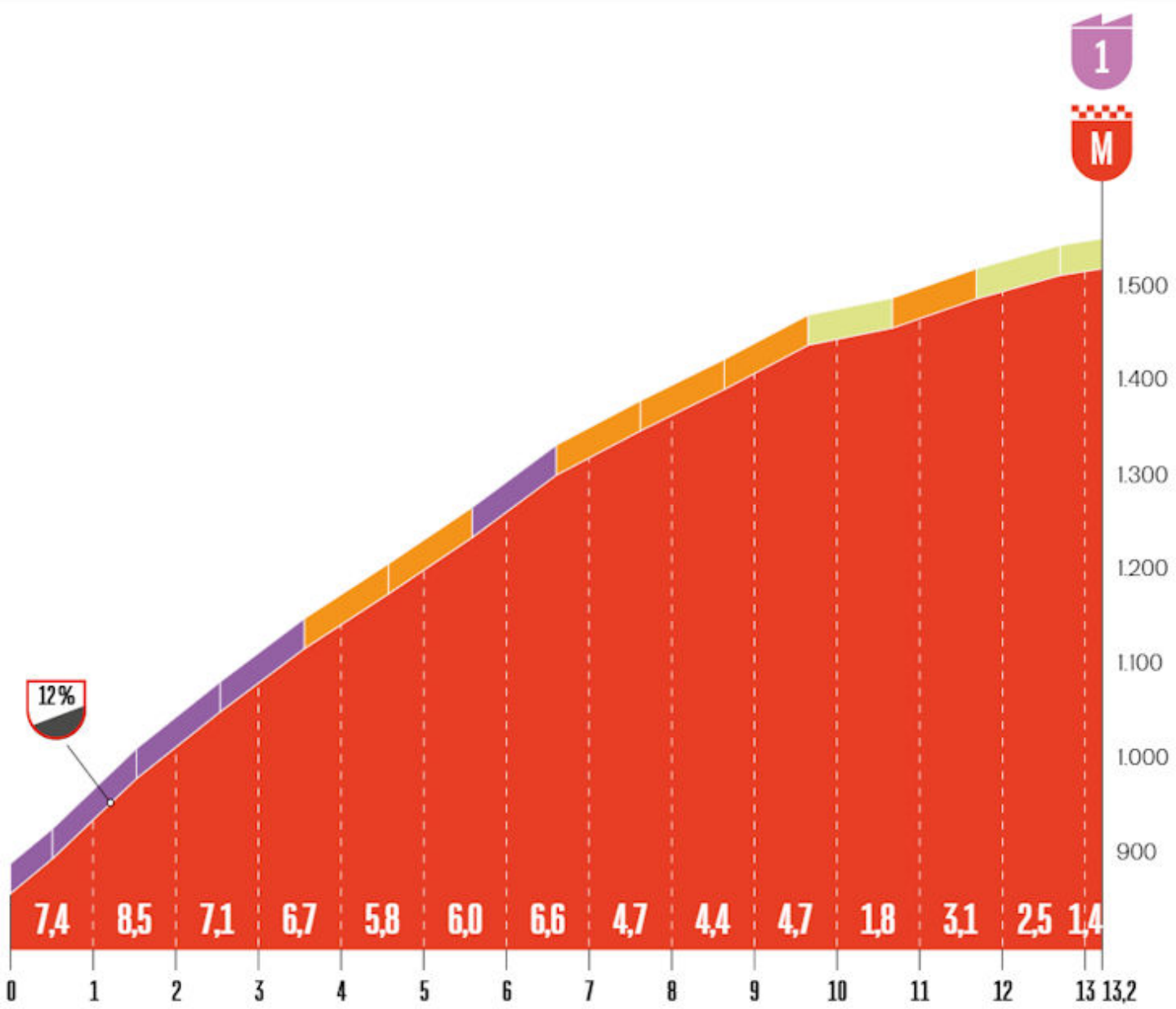



















	Tim in KY VaE stage 9 is 196 kilometers in northern Spain from Alfaro to a summit finish at the ski resort of Valdezcaray.	08-30-2025 01:20:50 pm
	Tim in KY https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1756574759-stage-9-route.jpg	08-30-2025 01:21:01 pm
	Tim in KY The profile is very lumpy throughout but the only categorized climb is the Cat 1 finale. It is 13.2 kilometers averaging 5%.	08-30-2025 01:21:50 pm
	Tim in KY https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1756574819-stage-9-profile.jpg	08-30-2025 01:22:00 pm
	Tim in KY https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1756574833-stage-9-valdezcaray.jpg	08-30-2025 01:22:14 pm
	Tim in KY Kilometer zero is scheduled for 12:37 CEST. Finish is imagined either side of 17:30. Live video at 14:50. Forecast is for sun and clouds in the mid-20s with a small chance of rain at the finish.	08-30-2025 01:23:18 pm
	Tim in KY Penalties and fines on stage 8 were pretty harsh. Elia Viviani and Bryan Coquard were relegated from second and sixth respectively to 105th and 106th for irregular sprinting They were also fined 500CHF each, docked 8 green jersey points each and yellow carded.	08-30-2025 04:22:00 pm
	Tim in KY In neutral.	08-31-2025 06:22:38 am
	Tim in KY Rain chance at the finish is down to 12%.	08-31-2025 06:25:55 am
	Tim in KY Km0. Let the break go and have an early rest day?	08-31-2025 06:39:09 am
	Tim in KY The rest day tomorrow is in Pamplona which is an hours drive from the start of stage 10. Seems odd.	08-31-2025 06:42:39 am
	Tim in KY Now chores.	08-31-2025 06:43:43 am
	Tim in KY Smack on the fastest imaginable and no break yet.	08-31-2025 07:48:56 am
	Tim in KY Back to chores.	08-31-2025 07:53:01 am
	Rocket City Gal Finally a 5 man breakaway, currently 0:55 ahead of the peloton HESSMANN Michel +46:22 KWIATKOWSKI Michał +40:13 RYAN Archie +20:53 VERMAERKE Kevin +17:29 SLOCK Liam +1:10:33	08-31-2025 08:12:26 am
	Rocket City Gal Tim, I suspect rest day is in Pamplona because there aren't enough hotels closer to the park where they start Tuesday.	08-31-2025 08:17:30 am
	bikerabe gap now 2 min. Go Kevrn	08-31-2025 08:27:39 am
	Tim in KY I figured that, too, RCG.	08-31-2025 08:34:39 am
	Rocket City Gal Tuesday will be sort of like today -- trending uphill with smaller climbs (mostly uncategorized), and a category 1 climb to end the stage.	08-31-2025 08:37:34 am
	Rocket City Gal Jorgensen said in an interview that Visma isn't interested in starting any fireworks before the last week. They're playing the "react" GC game, where they just do the minimum to stay in the GC hunt for now. Contrast this with the UAE strategy is to get Pog as far ahead as possible every day and watch him Pog off the front from there, which worked in the Tour because he had a couple of days in the last week where he wasn't feeling so great. He and his team weren't obliged to work too hard to keep up with the break on mountain stages when he was "off" a bit.	08-31-2025 08:41:09 am





















ALFARO / 310 m






	Rocket City Gal The Visma racing style is boring. The UAE/Pog racing style can be boring because Pog dominates so much. There must be a happy medium somewhere.	08-31-2025 08:42:14 am
	Tim in KY Still working on chores so I can be here for the live video.	08-31-2025 08:44:46 am
	Rocket City Gal I have 2 new kitten fosters-- but probably not for long. The local city animal shelter put out a "desperation call" for kitten fosters. I usually foster with the humane society but decided we could help. They separated these 2 kittens from their mother, saying they were "old enough," 5-6 weeks old, fully weaned and litterbox trained, and I only needed to keep them for 2-3 weeks until they're 2 lb (big enough for spay/neuter surgery and adoption). I brought them home, got them all set up. Then I weighed them. The boy is already 2 lb 3 oz and the girl is 2 lb. So they're more like 2 months old and are already big enough for their spay neuter. Oh, well. They went from confident and playful with their mother to scared and unsure of things in a new environment without mama around, so we're working on this with them and I'll call the shelter Tuesday, at which time I suspect they'll tell me to bring them back.	08-31-2025 08:49:52 am
	Rocket City Gal https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1756644934-1756644634331.jpeg	08-31-2025 08:50:35 am
	Trish in MA Sweet!	08-31-2025 08:53:32 am
	bikerabe those shelter policies seem many a little 'cruel'	08-31-2025 08:56:33 am
	Tim in KY About 10 minutes faster than the fastest right now. And boring. Back to chores.	08-31-2025 09:00:54 am
	Katie S The kitties look just like a good friend's pair. She named the Rangi and Changi, which in Nepalese means "colorful."	08-31-2025 09:02:38 am
	Tim in KY Now chores are done for the morning.	08-31-2025 09:10:18 am
	Trish in MA I have been lounging around. Tim, your industriousness makes me feel guilty but not guilty enough to go do chores	08-31-2025 09:12:41 am
	bikerabe gap coming down to 2 min.	08-31-2025 09:26:36 am
	Katie S Not doing chores during this kinda dull (so far) stage, but I am delighting in getting to read the Sunday NYT until things hit up. Our Sunday delivery typically doesn't come until 8 am, and by then we are usually moving in to other things. To get it delivered before 6 am is a minor miracle.	08-31-2025 09:27:16 am
	Tim in KY Raining but only 12% wet.	08-31-2025 09:28:22 am
	Katie S That's funny, Tim	08-31-2025 09:28:50 am
	Tim in KY Very small little blob of rain on the radar.	08-31-2025 09:36:49 am
	Rocket City Gal Bikerabe, the city shelter is about to the point they'll start having to euthanize cats/kittens soon. I think they're just trying to save all they can. They've dropped adoptions to \$50 for kittens and \$35 for adult cats (that includes spay/neuter). The mother didn't look like she was nursing them any longer, and she is sweet and pretty (and fairly young herself).... They wanted to get her spayed so that she too was ready for adoption.	08-31-2025 09:39:04 am
	Rocket City Gal I am washing shirts. Finally made an order in anticipation of fall markets. I was almost out of size L and uo.	08-31-2025 09:40:03 am
	Rocket City Gal Up	08-31-2025 09:40:07 am
	Trish in MA I am going to make a plum tart for dessert tonight, after I make breakfast. Then I will either a) continue to catalog my yarn or b) rip out bittersweet with the Extractagator.	08-31-2025 09:44:27 am




	Katie S What is bittersweet?	08-31-2025 09:45:39 am
	Trish in MA Oriental bittersweet - an invasive vining plant that, left unchecked, can strangle trees. I think of it as a "top predator"	08-31-2025 09:47:28 am
	Katie S Egad!	08-31-2025 09:48:40 am
	bikerabe Bittersweet song hy Big Head Todd and the Monsters check it out	08-31-2025 09:49:59 am
	Trish in MA People like to make wreaths of it for their Thanksgiving table. The berries are very pretty orange. But they spread the seeds when transporting the stuff from the woods to their house. https://www.google.com/imgres?q=oriental%20bittersweet&imgurl=https%3A%2F%2Fimages.squarespace-cdn.com%2Fcontent%2Fv1%2F58d43ffbe3df28a024a2db1f%2Fb0f328e8-5b95-466b-8ce2-0ec46bc7983d%2FIMG_3262.jpg&imgrefurl=https%3A%2F%2Ffalmouthlandtrust.org%2Fbittersweet&docid=0sRehGqJHI_7RM&tbnid=j	08-31-2025 09:52:10 am
	bikerabe rain might be coming to the stage	08-31-2025 10:03:32 am
	bikerabe gap down below 2 min.	08-31-2025 10:10:18 am
	Tim in KY 1 KU.	08-31-2025 10:16:57 am
	Tim in KY Coming up to the sprint 15 minutes faster than the fastest...	08-31-2025 10:18:56 am
	Toulouse I think I've finally made it here for more than a fly-by. I thought I could watch yesterday but ended up on the phone with my sister trying to figure out if my folks really want/need to move to independent living or not.	08-31-2025 10:21:33 am
	bikerabe 6th place sprint points for Green	08-31-2025 10:22:35 am
	Katie S That's a hard discussion, Toulouse	08-31-2025 10:22:47 am
	Toulouse It is. Most of our friends say the time to move is before you need to, and that feels about now. But while my sister says my mom has been ready to make the move for five years, Mom is the one who keeps finding fault with every facility.	08-31-2025 10:23:58 am
	Rocket City Gal My parents did that move a year ago. Afterwards, my mother cried, hugged me and said, I wanted to do this 2 or 3 years ago." My father was the holdout.	08-31-2025 10:26:17 am
	Rocket City Gal But, he was the only driver and has started to have memory problems. Mom has strength / balance issues with falls. The stairs were dangerous for her. They were both very isolated, socially speaking.	08-31-2025 10:27:34 am
	Toulouse This is all sounding familiar, except for the memory issues. The only ways into their house involve six or seven stairs -- she has vision problems, he's now having mobility issues. From here it seems pretty clear, but it's not my decision to make. At least not yet.	08-31-2025 10:29:24 am
	Rocket City Gal Now they are in a safer place and there is so much for them to do. Full woodworking shoo, garden (which my dad is coordinating for them), medical care readily at had, elevators, fall alarms, friendly staff, a weekly cleaning person, social gatherings and classes.....	08-31-2025 10:29:33 am
	Tim in KY Climb starts in 9 km.	08-31-2025 10:31:32 am
	Toulouse Oh, right. Bike race. I just haven't had much time for that this past week.	08-31-2025 10:32:11 am
	Rocket City Gal They made the decision. My dad was almost mad, very passive-aggressive about the whole thing. They made a lot of bad decisions and were taken advantage of by a lot of unsvtlrupulous people, despite our efforts.	08-31-2025 10:33:19 am


The realtors were the worst.. played on their fears and forced a too-quick sale. I hope your parents listen to the people who love them and have their best interests in mind and not the vultures.


 **Toulouse** My mom's pretty sharp about money, sometimes too much so. And she trusts my sister implicitly, so I think we'll be okay on that front. But I do appreciate the warning. 08-31-2025 10:34:37 am


 **Rocket City Gal** Under 20 km to go 08-31-2025 10:35:44 am


 **Toulouse** Should I have heard of the guy in the leader's jersey? I don't recognize his name at all. 08-31-2025 10:36:06 am


 **Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1756651334-stage-9-valdezcaray.jpg> 08-31-2025 10:37:15 am

 **Trish in MA** My mother went through that. She held out at home until my father passed. Meanwhile, to help her with the decision, we had her list out all her criteria for a place - not just physical, but food, transport, ability to see their friends, and then prioritize them. After visiting a place we had her rate the facility for each category on a 1-4 scale, multiplied each by the priority number to come out with a ranking number. Nerdy, I know. But it helped her make her decision. She was very happy there for 7 years, and always said people wait too long. She continued to do all the things she volunteered at until COVID, so she wasn't just isolated at the facility. 08-31-2025 10:39:23 am


 **Toulouse** The rating system is a good idea. My stepdad is a numbers geek anyway. That might give them more agency in the decision. Thanks. 08-31-2025 10:40:35 am


 **Trish in MA** We used the 1-4 scale so that she couldn't get everything a "3". None of the siblings (8 of us) got to weigh in; we might have asked a few questions, but leading questions weren't allowed. We also had her rate her options re: staying in the house, moving into an apartment, or moving assisted living. 08-31-2025 10:44:32 am


 **Rocket City Gal** My parents had the place picked out for years.... My mother's parents were in a duplex there for a couple of decades. After my grandfather passed away, my grandmother eventually downsized to an apartment, then a smaller apartment, then assisted living and eventually the memory unit. She died at 101 years old. 08-31-2025 10:44:35 am


 **Tim in KY** They've slowed down a good bit. Only about 10 minutes faster than the fastest now. 08-31-2025 10:45:08 am

 **bikerabe** caught 08-31-2025 10:45:20 am

 **Rocket City Gal** Toulouse, Træen is 30 years old — he's been around and has had some results, but I wouldn't say he's a widely-known rider. These have been the biggest days of his career, wearing the leader's jersey in a grand tour. He's a decent climber. 08-31-2025 10:47:51 am

 **Toulouse** Thanks. I just haven't heard of him at all -- can barely pronounce his name. 08-31-2025 10:50:07 am

 **PasadenaK8** Wishing your parents, your sister and you all the best with this moment in life, Toulouse. It's a tough one. Did a similar thing with my Mom, that Trish did with hers. She now feels snug as a bug in a rug in her place. Glad you could make it to the Pub today. 08-31-2025 10:50:28 am

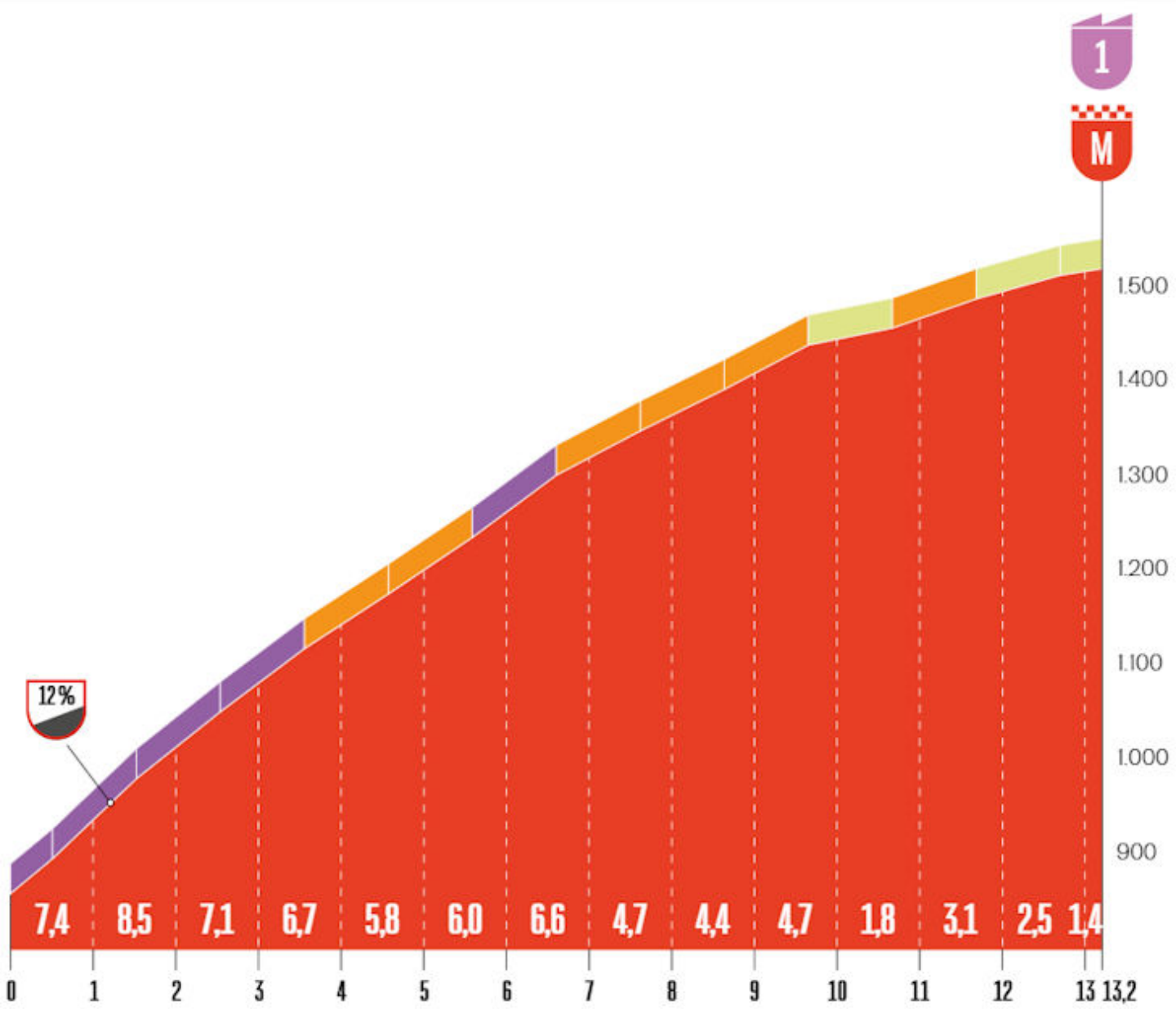
 **Toulouse** Thanks K8. 08-31-2025 10:51:36 am
























 **Tim in KY** Surprised at Jonas' move. 08-31-2025 10:52:15 am

















 **bikerabe** Vinego Goes only Ciccone on wheel 08-31-2025 10:52:19 am

 **Trish in MA** Almedia all by himself. Vine is done 08-31-2025 10:52:58 am

 **bikerabe** Jonas alone 08-31-2025 10:53:09 am



	Trish in MA Ciccone is dropped. Vingo by himself.	08-31-2025 10:53:21 am
	Tim in KY A long way to go uphill solo.	08-31-2025 10:53:46 am
	Trish in MA Indeed. Almeida 9 secs behind. Rain looks horrible.	08-31-2025 10:55:26 am
	Tim in KY Lidl did all the work all day and Ciccone craps out.	08-31-2025 10:55:53 am
	Katie S Go, Jonas!	08-31-2025 10:56:04 am
	Trish in MA Almeida, Gall, and Pidcock 8 secs. behind.	08-31-2025 10:56:26 am
	Tim in KY The rain looks awful but most of the crowd is without hood or brolly.	08-31-2025 10:56:55 am
	Trish in MA Gall about to pop.	08-31-2025 10:58:01 am
	Katie S Serious rain. Not frivolous rain.	08-31-2025 11:02:07 am
	Trish in MA Traeen has less than a minute advantage now.	08-31-2025 11:05:55 am
	Trish in MA the fact that Pidcock can't or won't work with Almeida is why I didn't put him on my team.	08-31-2025 11:07:26 am
	bikerabe how much time Vinego can gar 3 km?	08-31-2025 11:07:41 am
	Tim in KY Fastest imaginable finish time is 17:16.	08-31-2025 11:08:41 am
	Trish in MA Wow, Pidcock working.	08-31-2025 11:08:48 am
	Charlie in Tenn Hi gang	08-31-2025 11:09:02 am
	Trish in MA Hi Charlie!	08-31-2025 11:09:34 am
	bikerabe Ultimo km	08-31-2025 11:09:45 am
	Katie S Charlie! How's camping?	08-31-2025 11:09:59 am
	Trish in MA Kite	08-31-2025 11:10:16 am
	Charlie in Tenn Camping. Cannot see race so here and pcs	08-31-2025 11:10:28 am
	Charlie in Tenn Camping is good. Eyes are good.	08-31-2025 11:11:03 am
	Trish in MA Going 25 mph up a 4% grade. Ouch	08-31-2025 11:11:15 am
	Katie S The official Vuelta race center spilled the beans early... faster than the stream. Sigh.	08-31-2025 11:11:51 am

	Trish in MA Great ride by Vingo. Here comes the chase group.	08-31-2025 11:13:17 am
	Trish in MA Traeen keeps red.	08-31-2025 11:13:55 am
	bikerabe barely	08-31-2025 11:14:17 am
	Toulouse I guess I'd better learn to pronounce his name, then.	08-31-2025 11:14:20 am
	Charlie in Tenn Where does Ciccone end up on gc	08-31-2025 11:14:37 am
	PasadenaK8 I believe he might be 6th now.	08-31-2025 11:17:55 am
	PasadenaK8 https://racecenter.lavuelta.es/en/rankings/9	08-31-2025 11:17:57 am
	bikerabe Pidcock now 4rh behind Almeida	08-31-2025 11:18:04 am
	PasadenaK8 Okay-doke, muchachos. Enjoy your holiday weekend. See you all on Tuesday....	08-31-2025 11:18:31 am
	bikerabe see you Tuesday	08-31-2025 11:18:34 am
	Trish in MA See everyone Tuesday. Have a great rest day on Labor Day.	08-31-2025 11:18:55 am
	Mikey Did I miss anything???	08-31-2025 11:19:43 am
	bikerabe Jonas didn't know he had attacked so soon surprised at 10 km banner to be aone	08-31-2025 11:21:34 am
	Charlie in Tenn That has to be a good feeling	08-31-2025 11:22:12 am
	Mikey Hi Toulouse My mom moved to independent living 7 years ago and after a period of adjustment would tell you it was the best thing she ever decided to do! Hope you have the same luck. I am close by so I see here every day. That helps a lot.	08-31-2025 11:24:27 am
	Toulouse Thanks, Mikey, and everyone who weighed in. It sounds like they would be happier there once they give it a chance, but I guess they have to figure that out for themselves.	08-31-2025 11:33:15 am