



Tim in KY VaE Stage 7 is 150 kilometers just inland from the route of stage 6 starting at Vall d'Alba and ending with a mountain top finish at the ski resort of Valdelinares.

08-27-2026
06:23:46 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787869741-stage-7-route.jpg>

08-27-2026
06:24:03 pm



Tim in KY The first 40 kilometers are lumpy; the remaining distance is all climbing and descending. In all there is 3685 meters of climbing. The finishing climb is a Cat 1 of 10 Km averaging 6% with several double-digit sections.

08-27-2026
06:26:03 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787869895-stage-7-profile.jpg>

08-27-2026
06:26:36 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787869909-stage-7-valdelinares.jpg>

08-27-2026
06:26:50 pm



Tim in KY Kilometer zero is scheduled for 13:40 CEST. Finish is imagined either side of 17:30. Forecast is for sunshine in the upper-20s. Peacock stream from before the start.

08-27-2026
06:29:00 pm



Tim in KY Josh Tarling (NCI) and Markel Beloki (EFE) DNF. There were no OTL. There were no fines or penalties.

08-27-2026
06:30:50 pm



Tim in KY Forecast is unchanged. No DNS reported so far.

08-28-2026
07:27:43 am



Tim in KY In neutral.

08-28-2026
07:39:42 am



Tim in KY Easy three man break with four man chase.

08-28-2026
07:49:40 am



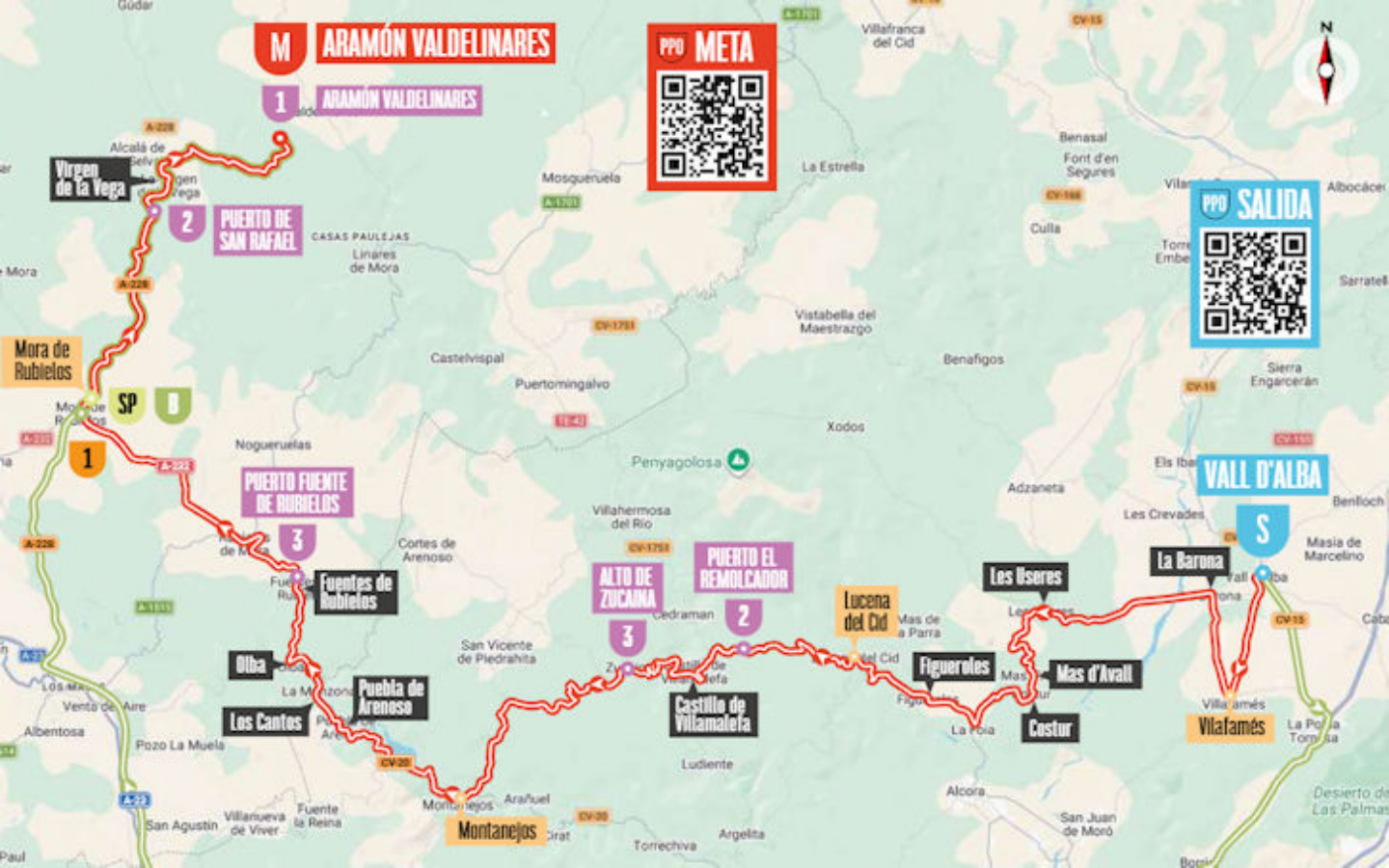
Charlie in Tenn hi tim

08-28-2026
07:59:18 am

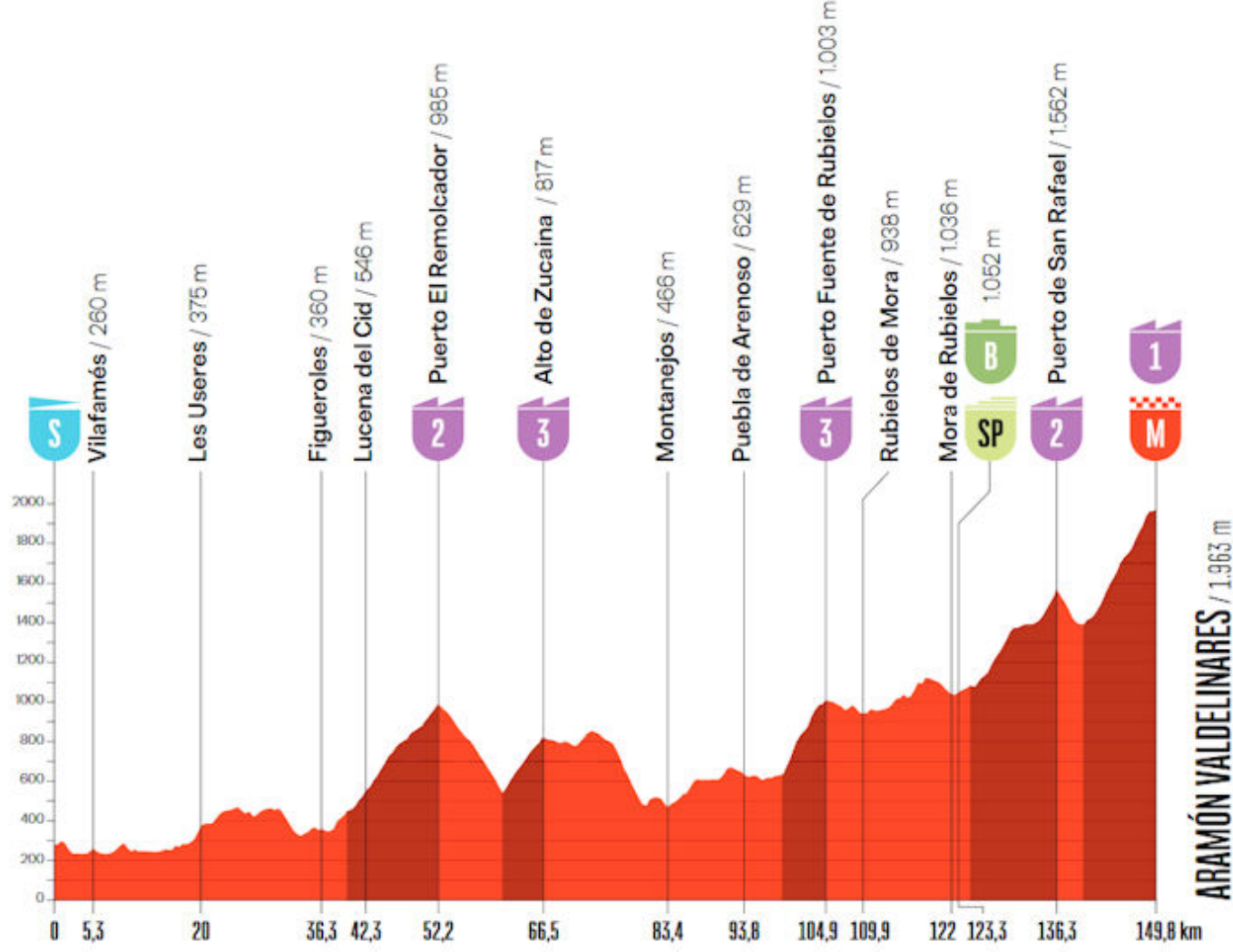


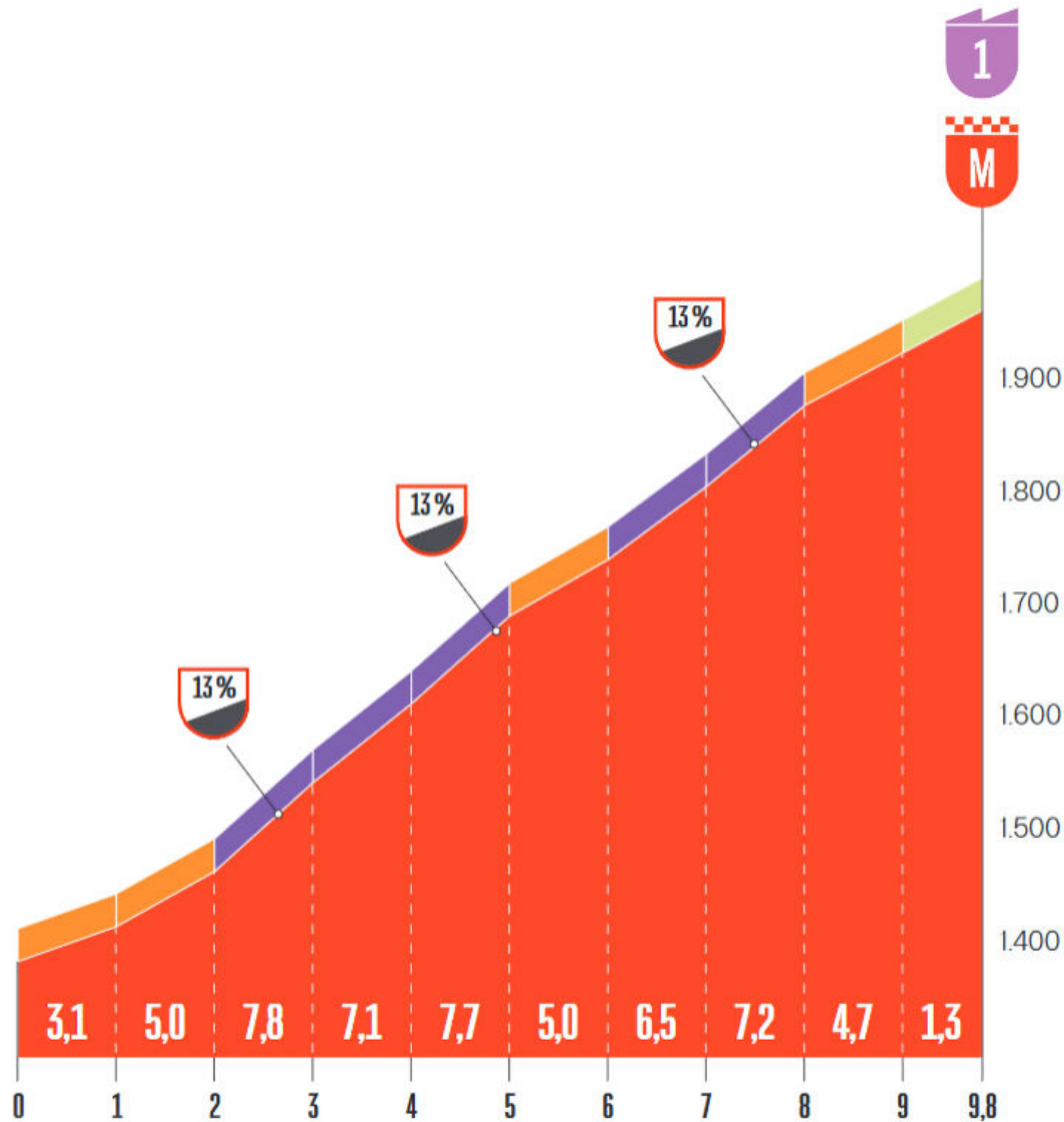
Tim in KY Hi, Charlie. Peloton got unhappy with the break.

08-28-2026
08:00:56 am



VALL D'ALBA / 275 m







Charlie in Tenn Seems odd. I think there was a bigger group that split away and that caused the bunch to speed up.

08-28-2026
08:03:06 am



Tim in KY Chores and errands now.

08-28-2026
08:10:17 am



Charlie in Tenn A few small groups out in front of the pack. 10 or so riders in 3 groups.

08-28-2026
08:28:06 am



Charlie in Tenn Now 20 or so out front in 3 groups.

08-28-2026
08:30:09 am



Tim in KY Big chasing group but I'll bet only a small number is actually doing the work.

08-28-2026
08:38:18 am



Charlie in Tenn Lots of big name riders in the chasing group.

08-28-2026
08:41:47 am



Katie S Good morning

08-28-2026
08:53:42 am



Tim in KY Hi, Katie.

08-28-2026
08:54:47 am



Tim in KY Big chase is making slow progress.

08-28-2026
08:56:13 am



Tim in KY But UAE is keeping the GC group close enough to spoil.

08-28-2026
08:57:19 am



Tim in KY First Cat 2 accomplished.

08-28-2026
08:58:48 am



Katie S Uneasy morning here. We are supposed to leave for the airport in 2 hours to go to San Diego for a school centennial/reunion weekend, but this morning, the cat isn't doing well, just seems to have deteriorated overnight. Could be just a temporary sinker, but can't leave with her like this.

08-28-2026
09:13:09 am



Tim in KY That's a shame, Katie. Sorry.

08-28-2026
09:14:18 am



Rocket City Gal I will be making my first-ever hot-process liquid Castile soap today. Wish me luck....

08-28-2026
09:14:27 am



Rocket City Gal Cats always get sick at the worst time... sorry to hear that bad news.

08-28-2026
09:15:27 am



Katie S Thanks, guys.

08-28-2026
09:17:10 am



Katie S RCG, what makes a Castile soap?

08-28-2026
09:18:53 am



SFinAus Good morning

08-28-2026
09:25:49 am



Rocket City Gal Castile soap has only one oil in it — olive oil. So it's olive oil, water, and KOH (for liquid soap) or NaOH (lye) for solid /cold-process soap.

08-28-2026
09:26:52 am



Rocket City Gal Most of the soaps I make have multiple types of butters and oils. You want a bar that nourishes /moisturizes but also cleans well. Olive oil makes a very skin-nourishing soap. But most people want a soap that cleanses better so you add some coconut oil. Too much coconut oil and it becomes harsh and strips your skin of natural oils. There's a "soap calculator" I use to help make a nice bar that nourishes/moisturizes, cleans well, is pleasingly bubbly with creamy lather, etc.

08-28-2026
09:30:23 am



Rocket City Gal I am making the liquid Castile soap for a gentler, moisturizing winter soap. Lots of people have dry skin issues in the winter.

08-28-2026
09:31:20 am



Tim in KY I only use olive oil soap made in Greece. It works fine for me.

08-28-2026
09:31:39 am



Rocket City Gal <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787924234-1787923934785.jpeg>

08-28-2026
09:32:15 am



Rocket City Gal <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787924234-1787923951363.jpeg>

08-28-2026
09:32:32 am



Rocket City Gal This was my final batch of "space" soap.

08-28-2026
09:32:52 am









Katie S Soap making is one of those things that I don't understand. Like TV. I get that lye is a disinfectant, but what is KOH? And how was soap inve?

08-28-2026
09:33:02 am



SFinAus Space and planets was exactly what I was thinking. cool

08-28-2026
09:33:21 am



Rocket City Gal <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787924234-1787924000639.jpeg>

08-28-2026
09:33:21 am



Katie S Beautiful stuff

08-28-2026
09:33:37 am



Rocket City Gal Each of the planets was hand-rolled. Way to labor-intensive, but it was fun

08-28-2026
09:33:53 am



SFinAus Sorry to hear you kittie is not feeling well, Katie. I'm bad with names - is it Roxie?

08-28-2026
09:34:34 am



Rocket City Gal 50-60ish planets in each batch of 9 bars. Plus I tried to put in galaxies and nebulae

08-28-2026
09:34:44 am



SFinAus I believe that was labor intensive, but they look great.

08-28-2026
09:35:39 am



Rocket City Gal KOH is potassium hydroxide. NaOH is sodium hydroxide—lye. People discovered that when they added water and wood ashes to a greasy pan they'd cooked meat in, it cleaned the pan well. Hardwood ash is high pH and people figured out how to extract the lye from the ash and add to animal fats to make soap.

08-28-2026
09:38:17 am



Katie S Fascinating

08-28-2026
09:39:11 am



Mikey Good Morning

08-28-2026
09:40:20 am



Katie S Thanks, Sean. And, yes, Roxie. She's 19 and has multiple medical issues. She could surprise us again, but this morning feels different.

08-28-2026
09:40:43 am



Rocket City Gal You can clean the glass of your wood stove pretty good with moistened cooled ashes. But they are high pH and pretty caustic. By adding oils /butters to get soap, you get a shelf-stable product of lower pH (slightly above neutral) that you can use to clean yourself, your laundry, your dishes.....

08-28-2026
09:41:21 am



Rocket City Gal So sorry for Roxie.

08-28-2026
09:41:41 am



Rocket City Gal I found out that the 2 batches (3 then 4) of sick kittens I fostered this summer are doing ok. 2 catlets got adopted together and the rest are all up for adoption. It was like pulling teeth to get a vet visit approved for the first batch after 2 1/2 weeks of trying for the first 3 (2 of which tried to die on me). They were found to have roundworms, hookworms, coccidia AND a virus plus possible bacterial respiratory infection. I was a bit ticked off that I couldn't get the "rescue" organization to approve a vet visit right off the bat. They wouldn't have suffered for so long. The 2nd batch was the same — 2 1/2 weeks of pleading for a vet visit for kittens that had already been sick for a month, then the shingles broke out and I said, "I'm done." They apparently ponied up for a vet visit to get them diagnosed and treated appropriately after so had them. Again, needless suffering for the felines and endless frustration for the people fostering them. The organization has contacted me to foster again and I politely told them no, never again with them.

08-28-2026
09:52:21 am



Rocket City Gal Some people (who start organizations like this one) mean well but just don't know how to do the right thing. A little money for treatment up front saves money in the long run... and it's better for the kittens and those taking care of them.

08-28-2026
09:54:28 am



Rocket City Gal https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787925645-IMG_2668.jpeg

08-28-2026
09:55:47 am



Rocket City Gal Looks like Pogi McGreedy might let someone else win today for a change.

08-28-2026
09:56:17 am



Tim in KY Very pretty scenery in this park.

08-28-2026
09:56:43 am



SFinAus I remember a podcast episode on soap. I learned the word saponification which I think sounds cool, but I never get to roll it out - til now.

08-28-2026
09:57:57 am

Mikey Thanks Tim for the route mapage and updates

08-28-2026
09:58:42 am

1

1		31	VAN AERT Wout		+41:24	
2		55	DUNBAR Eddie		+42:33	
3		111	LUTSENKO Alexey		+59:29	
4		134	JOHANNESSEN Tobias	...	+21:16	
5		136	LEKNESSUND Andreas		+47:25	

2

+1:40

1		24	CANAL Carlos		+29:41	
2		26	GARCÍA PIERNA Raúl		+34:49	
3		32	ARMIRAIL Bruno		+32:16	
4		42	BISIAUX Léo		+14:43	
5		68	TURNER Ben		+57:46	
6		71	BILBAO Pello		+32:27	
7		76	OMRZEL Jakob		+13:19	
8		88	PEDERSEN Mads		+1:01:22	
9		94	MARTIN Guillaume		+13:27	
10		95	MOLARD Rudy		+33:20	
11		125	PARET-PEINTRE Valentin		+43:29	
12		128	ZANA Filippo		+25:54	
13		142	COQUARD Bryan		+52:49	
14		148	SAMITIER Sergio		+48:27	
15		152	BOUWMAN Koen		+36:20	
16		156	PICKERING Finlay		+15:53	
17		166	RODRIGUEZ Juan Felipe		+20:22	
18		171	BRENNER Marco		+26:55	
19		176	WARBASSE Larry		+38:08	
20		212	DE JONG Timo		+1:01:51	
21		226	SOSA Iván Ramiro		+1:01:43	
22		228	WENZEL Mats		+53:51	

P

PELTON

+4:17



Tim in KY You're welcome, Mikey.

08-28-2026
09:59:22 am



Katie S I'm glad they're doing so well!! Speaking of rescues: a couple weeks ago I was out birding down at the harbor and spied a pelican with a blue band on its leg. I submitted the observation and photo to the group that did the Bandi and gig an email back same day. The bird had been rescued in Southern California in May 2022, found emancipated, near starvation, sores in its feet. A few months later it was released. Over the ensuing years it ended up here. We have huge flocks of them up and down the coast

08-28-2026
10:00:34 am



SFinAus Pogi McGreedy (snicker)

08-28-2026
10:00:39 am



Tim in KY The front group is smack on the imagined time right now.

08-28-2026
10:02:30 am



Katie S (Erg: "the Bandi and gig" = "the banding and got")

08-28-2026
10:02:45 am



Tim in KY On the second Cat 3 now.

08-28-2026
10:03:49 am



Katie S Just gorgeous countryside

08-28-2026
10:04:22 am



Mikey Mc greedy will close the gap today and not because he's mcgreedy but because he is pogcanski

08-28-2026
10:05:24 am



Katie S Haha. Pogcanski

08-28-2026
10:05:58 am



Katie S Guy on crutches pacing the peloton. Impressive

08-28-2026
10:12:36 am



Mikey Gap going up? We will see what pogcanski will do

08-28-2026
10:28:46 am



Tim in KY I think Pog has waved this stage off.

08-28-2026
10:34:37 am



Mikey Sure looks like it Maybe he doesn't have water Tim

08-28-2026
10:35:44 am



Tim in KY 3 km to the sprint line.

08-28-2026
10:38:04 am



SFinAus Seems so. Just heard audio from Kevin Vermaerke at the team car saying "I've got a cracked rib so it hurts" as he shoves bottles in pockets and down the back of his jersey. He and the DS were chuckling about it. Heh. Maybe that's a way of saying "no man". :)

08-28-2026
10:38:10 am



SFinAus ^mas

08-28-2026
10:38:32 am



Tim in KY Lead group still right on the imagined time at the sprint.

08-28-2026
10:41:17 am



SFinAus Ouch! Van Bovine (sp) gets run into the stone curb and hits the sidewalk and a building wall. Astana guy inadvertently pushed him into the curb.

08-28-2026
10:48:57 am



Tim in KY Looked painful.

08-28-2026
10:49:29 am



SFinAus RRBBB: Just heard Vine and Pog have never done a GT together.

08-28-2026
11:03:35 am



Katie S Checking in... we took Roxie in to the vet ER after texting with our vet. Breaths at 60 breaths/minute.

08-28-2026
11:07:53 am



SFinAus Sorry to hear that. Fingers crossed for quick recovery and best wishes.

08-28-2026
11:13:51 am



Tim in KY WvA gets most compative today.

08-28-2026
11:18:40 am



Katie S What's the race situation?

08-28-2026
11:20:55 am



Tim in KY Uno-X looks to get the stage.

08-28-2026
11:22:44 am



SFinAus Leknesssund (Uno x) has left the break and seems to be soloing for the win at 4 k to go

08-28-2026
11:22:52 am

RNK RIDER		UCI	PNT	TIME
1	 LEKNESSUND Andreas  Uno-X Mobility	180	80	3:49:47
2	 JOHANNESSEN Tobias Halland  Uno-X Mobility	130	50	0:34
3	 VAN AERT Wout   Team Visma Lease a Bike	95	35	0:47
4	 OMRZEL Jakob  Bahrain - Victorious	80	25	0:58
5	 RODRIGUEZ Juan Felipe  EF Education - EasyPost	60	18	1:13
6	 SOSA Iván Ramiro  Equipo Kern Pharma	45	15	1:16
7	 LUTSENKO Alexey  NSN Cycling Team	40	12	1:44
8	 DUNBAR Eddie  Pinarello Q36.5 Pro Cycling Team	35	10	1:51
9	 BISIAUX Léo  Decathlon CMA CGM Team	30	8	1:53



SFinAus Rest of the break at 40, peloton at 6 ish

08-28-2026
11:23:21 am



SFinAus Not a very dynamic stage today.

08-28-2026
11:23:55 am



Mikey WVA gets double teamed

08-28-2026
11:24:01 am



Tim in KY Imagined finish time is 17:30. Going to be a bit longer than that.

08-28-2026
11:24:46 am



Tim in KY Steep!

08-28-2026
11:26:09 am



Mikey I'm sure he was glad to see the banners!

08-28-2026
11:32:15 am



SFinAus Great crowd at the top Decath chima chigim attacked the peloton and Pog tags along

08-28-2026
11:32:16 am



SFinAus Leknesssund takes the win - his first GT stage win

08-28-2026
11:34:16 am



SFinAus Johannessen second with WvA third. Nice 1-2 by Uno X

08-28-2026
11:34:17 am



Rocket City Gal https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787931662-IMG_2669.jpeg

08-28-2026
11:36:03 am



SFinAus Pog now pogging on the rest of the GC with Mas, Ruglick, and etc slipping back from him

08-28-2026
11:36:06 am



Mikey Ba

08-28-2026
11:38:28 am