



Tim in KY VaE Stage 13 is 193 kilometers from Almuñécar on the southern coast north into the mountains of Granada Province to finish at Loja.

09-03-2026
01:11:17 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1788455794-stage-13-route.jpg>

09-03-2026
01:11:36 pm



Tim in KY There are 3404 meters of climbing but only three categorized climbs, a Cat 1 and two Cat 2s. The Cat 1 crests very early at 32 kilometers from the start. The last Cat 2 crests 37 km from the finish. Most of that is downhill.

09-03-2026
01:13:27 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1788455927-stage-13-profile.jpg>

09-03-2026
01:13:49 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1788455947-stage-13-profile-finale.jpg>

09-03-2026
01:14:08 pm



Tim in KY Kilometer zero is scheduled for 12:41 CEST. Finish is imagined either side of 17:30. Forecast is for scorching hot sunshine, upper-20s near the coast, upper-30s inland. Peacock stream starts at 14:30 CEST.

09-03-2026
01:15:12 pm



Tim in KY Jay Vine (UAE), Hamish McKenzie (Jayco), and Arthur Kluckers (Tudor) – DNF stage 12. There were no OTL.

09-03-2026
01:16:52 pm



Tim in KY Stage 12 Fines: Enric Mas and Raul Garcia Pierna (Movistar), Jakob Ormzel (Bahrain), Valentin Paret Peintre (Soudal) and Jarno Widar (Lotto) – Littering 500CHF each. Remy Rochas (FDJ), Hugo Houle (Alpecin), Marco Brenner (Tudor) and Chris Hamilton (Picnic-Post) - 200CHF Sticky Bottle Jens Keukeleire (Alpecin DS), Bart Leysen (Tudor DS), Benoit Vaugrenard (FDJ DS) and Phil West (Picnic DS) - 500CHF for Sticky Bottle

09-03-2026
05:08:07 pm



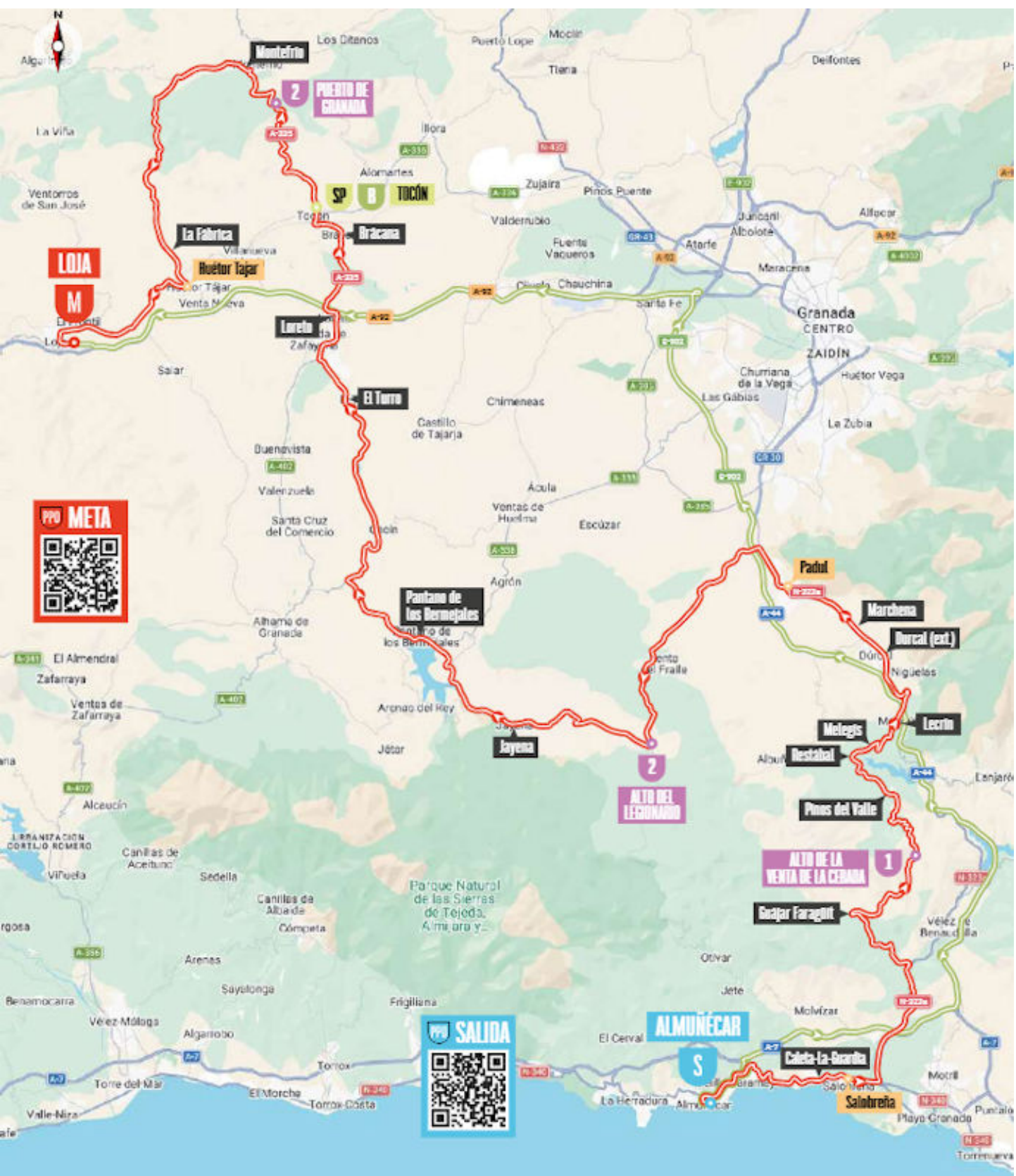
Charlie in Tenn Thanks Tim.

09-03-2026
11:02:05 pm

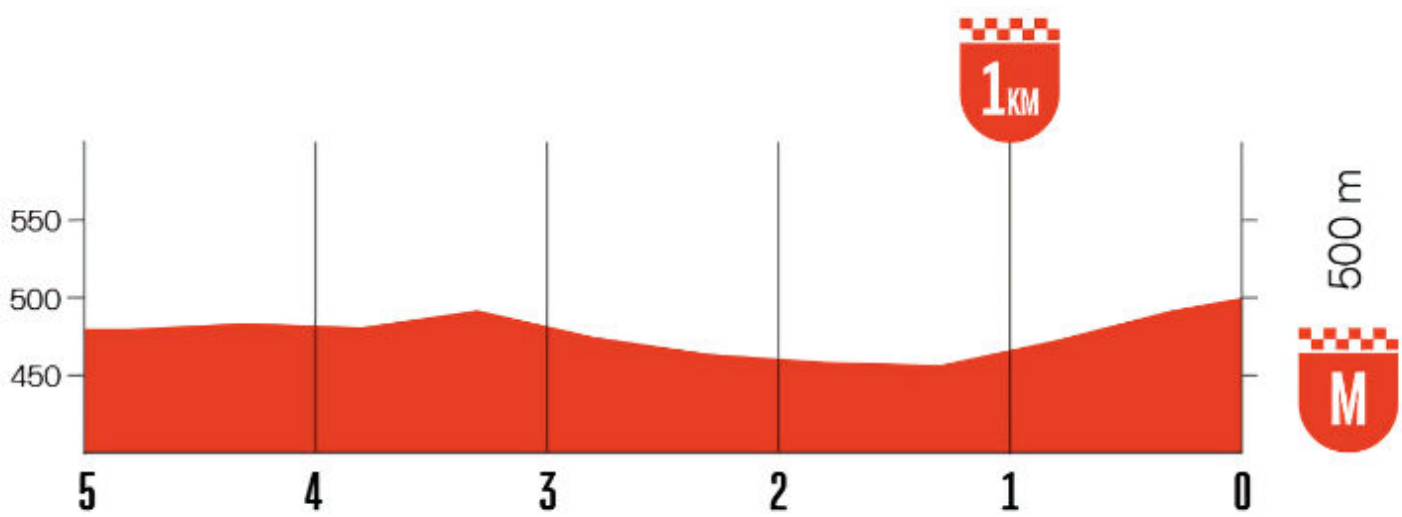


Charlie in Tenn Yesterday's race was good. I just finished it. I was reading the chat as I followed the race. Almost like being there. I think I will be around Friday for the whole race. See ya then.

09-03-2026
11:04:14 pm









Tim in KY It's a bit cooler at the start than forecast but still going to be in the upper-30s inland.

09-04-2026
06:18:50 am



Tim in KY Alexey Lutsenko (NSN) will not start today.

09-04-2026
06:19:33 am



Tim in KY In neutral.

09-04-2026
06:22:12 am



Tim in KY Only the one DNS today.

09-04-2026
06:41:58 am



Tim in KY Km 0.

09-04-2026
06:42:23 am



Tim in KY There is a four man break with 0:40. But it's also the start of the Cat 1 so it won't last long.

09-04-2026
06:57:28 am



Charlie in Tenn Odd that Lutsenko would not start. He finished 4th yesterday.

09-04-2026
06:57:51 am



Tim in KY No reason that I can find so far. Probably overnight illness.

09-04-2026
07:02:24 am



Tim in KY Chores and errands for a while.

09-04-2026
07:44:10 am



Tim in KY Gregor Mühlberger (Decath) has abandoned. He's been ailing for a couple of days.

09-04-2026
07:46:24 am



Tim in KY Well this is interesting. La Vuelta website does not show Lutsenko as abandoned.

09-04-2026
07:50:44 am



Rocket City Gal Some of the abandons have been heat-related. I think it was the heat that did in Kluckers (who is mainly a TT guy) yesterday.

09-04-2026
08:13:13 am

Not sure why Vine DNFed. If anyone is one the edge from illness or whatever, I think the heat is particularly sticking it to them. Today will be brutal in Spain, and also where I live where the heat will probably be about 5 degrees cooler (102 vs 97). . I feel bad for all of the paracyclists now in our area for UCI worlds in the current heat wave. A cyclist friend saw a lower limb amputee out training yesterday -- the guy remained clipped in as he came to a stop at a RR crossing and executed a perfect track stand.



Rocket City Gal Tim: NSN Cycling Team is with La Vuelta in Almuñécar, Spain. Alexey Lutsenko will not start Stage 13 of La Vuelta today. After becoming unwell overnight, the decision has been made for Alexey to step away from the race, allowing him to recover properly. We wish him a good recovery. 💙

09-04-2026
08:14:27 am



Rocket City Gal Neither Lutsenko or Muhlburger are listed as DNSs on the official Vuelta website yet, but PCS has them listed.... I think the Spaniards are just slow in posting the info today.

09-04-2026
08:17:07 am



Rocket City Gal Rather than calling these breakaways.... Peloton group 1 has 43 riders and is 2:05 ahead of everyone else. Van Aert and Buitrago are in the lead group. None of the major GC guys is in there although Skjelmose is. At 7:42, he is the best placed rider in the first group.

09-04-2026
08:19:24 am



Rocket City Gal Vermaerke, Leknessund and Brennan have a small gap in front of group 2.

09-04-2026
08:20:14 am



Rocket City Gal The sprint points today come at about 45 km from the end. They are over the first climb (van Aert was first over, followed by Buitrago and Fortunato.)

09-04-2026
08:21:41 am



Rocket City Gal Notably, Movistar does not have anyone in the break. No Jaycos or Alpecins either. I think most other teams are in there.

09-04-2026
08:22:37 am



Rocket City Gal Busatto and Sentjens (both Alpecins) have abandoned La Vuelta.

09-04-2026
08:23:57 am



Rocket City Gal I wonder with DeVylder's recent abandon if the Alpecin team has the ick. They are down to just 4 riders -- Debruyne, Gogl, Glivar and Houle.

09-04-2026
08:26:52 am



Rocket City Gal NSN and UAE only have 5 riders remaining in the race. Ineos, Lotto and Picnic have 6.

09-04-2026
08:28:20 am



Rocket City Gal There are 11ish km left to the top of the 2nd climb of the day, a cat 2 climb. Speaking of cats, it's now time to feed los tres felinos maleducados (who eventually ran over the top of me enough times that I finally got up).

09-04-2026
08:31:29 am



Joanna in Virginia <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1788525577-1788525277499.jpeg>

09-04-2026
08:34:38 am



Joanna in Virginia Hi All! Thank you to all that have already donated to the cause; we are a bit shy of covering the annual Pub cost (Approx \$150), so if you have a few extra pennies, it would be greatly appreciated. Thank you for considering a donation. Jo

09-04-2026
08:36:50 am



Alaska Dave Good morning and from the northern rainforest. It is 42 and clear. Our drought continues. Less than two days of rain a week since July. Muhlberger is listed as crashing and abandoning today

09-04-2026
08:46:25 am



Alaska Dave I had to slow down on yesterday's bike ride. Came around a blind corner and discovered I was sharing the road with a bear.

09-04-2026
08:47:54 am



John That'll jump your heart rate up a bit Dave

09-04-2026
08:59:32 am



Tim in KY PCS currently lists one DNS and four DNF.

09-04-2026
09:01:00 am



SFinAus Good morning, guys. PCS says Sivakov has abandoned.

09-04-2026
09:01:52 am



Tim in KY He was riding well yesterday. RCG is probably right about the heat.

09-04-2026
09:06:35 am



Joanna in Virginia Tim, thank you so much for all you do for the Nuts in The Pub. But a "Thank You" seems completely insufficient for your donation to the Tip Jar covering the shortage. You are absolutely incredible and generous and mean the world to me, and the rest of the Nuts. Thank you, thank you, thank you for your generous donation! We are fully funded! XOXO

09-04-2026
09:06:35 am



Tim in KY It keeps me off the streets, Jo.

09-04-2026
09:07:20 am



Joanna in Virginia :)

09-04-2026
09:07:40 am



Joanna in Virginia <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1788527873-grok-image-32f96d94-9bd7-4078-911f-29edfcd4986.jpg>

09-04-2026
09:12:54 am



Tip Jar

Donations Welcome!

If you are so inclined,

PayPal: jemgrayonline@gmail.com

Zelle (tax free): 805.479.3398

Thank you,

Jo





SFinAus Kudos and thanks to Tim and Jo! Hup, hup, hup!

09-04-2026
09:13:02 am



SFinAus Hah! Nice one.

09-04-2026
09:13:52 am



Alaska Dave The bear never knew I was there. I made sure to keep it that way.

09-04-2026
09:20:23 am



SFinAus Dave, that siting falls into my "never have I ever..." Good lord.

09-04-2026
09:22:30 am



Katie S Good morning, all. Jo! Great to see you here. Dave, your story got MY heart rate up.

09-04-2026
09:28:18 am



Charlie in Tenn Simon Dalby uno-x had a hole in his heart. Had to stop racing, have heart surgery, and is now back riding in a grand tour. Heart warming story.

09-04-2026
09:29:16 am



Joanna in Virginia Thanks, Katie! Great to be here. Day off, but I am helping a friend this afternoon by giving her a ride home from a surgery center, so will have to duck out at some point.

09-04-2026
09:29:46 am



Katie S Yer all heart, Charlie

09-04-2026
09:31:05 am



Alaska Dave Riding through a desert in 100 degree heat. Yuck

09-04-2026
09:36:26 am



Trish in MA It it's a dry heat! Yeah,right

09-04-2026
09:38:48 am



Rocket City Gal 7 km to go in the Tour of Britain, in case anyone wants to catch the ending.

09-04-2026
09:39:21 am



John Desert? 100? It's like riding over here lol

09-04-2026
09:39:33 am



Tim in KY I'm guessing he had a patent foramen ovale. That's about the only "hole in the heart" that would go undiagnosed for so many years. In fact, most people who have it never know. But for an elite athlete it can affect blood oxygenation.

09-04-2026
09:41:15 am



Charlie in Tenn So is the cat 2 going to split the break and chasers? Are Movi concerned about anyone? Skelmouse is at 7:42 so he probably is annoying for everyone else in the top ten so the GC group have to keep him close. Movi just has a good ride.

09-04-2026
09:41:32 am



Rocket City Gal Omrzel also has a story.... In 2024, a race marshal decided to climb of his moto to direct traffic and caused an accident wherein he and 2 racers collided at high speed (bad enough to break the moto's leg). Omrzel was one of the two cyclists. He was 18 at the time. He had a large gash across his throat and needed rescusitaion/ CPR at the scene, but made a full recovery.

09-04-2026
09:43:56 am



Charlie in Tenn That is a bloody good story.

09-04-2026
09:44:32 am



Rocket City Gal He has been touted as the next great Slovenian cyclist (a la Rog and Pog).

09-04-2026
09:44:51 am



Charlie in Tenn I am on his bandwagon after yesterday.

09-04-2026
09:45:23 am



Katie S Yer all hemoglobin, Charlie

09-04-2026
09:45:34 am



Tim in KY We going to call him just Og?

09-04-2026
09:45:41 am



Katie S Gonna have to

09-04-2026
09:45:58 am



Rocket City Gal I just worry that these young talents are being pushed too early and too fast to get into pro racing.

09-04-2026
09:46:04 am



SFinAus "Omrzel" looks like a pharma ad to me.

09-04-2026
09:47:09 am



Charlie in Tenn Speaking of young talents, Brennan has won 22 races at age 21. Pog had 8 and Merckx had 5 at that point.

09-04-2026
09:48:20 am



Tim in KY Goodness! there are three Frenchmen in the front ten.

09-04-2026
09:48:20 am



Rocket City Gal There's a 19 year old on Hincapie's new team (Ezra Caudell) in a coma in ICU after the rebooted Philadelphia Cycling Classic last weekend. He and Mentin were trying to bridge from the peloton to a chase group, he looked back to check the peloton, hit something and flew full on into a light pole. He has severe brain and lung injuries.

09-04-2026
09:48:26 am



Rocket City Gal <https://cyclinguptodate.com/cycling/he-went-straight-into-a-lamppost-19-year-old-american-rider-ezra-caudell-placed-in-induced-coma-after-crash-at-philadelphia-cycling-classic>

09-04-2026
09:49:56 am



Rocket City Gal What he witnessed at the crash was so bad that Menten says he's going to go for counseling.

09-04-2026
09:50:32 am



Tim in KY Oh, it's an induced coma. That's to limit brain swelling.

09-04-2026
09:51:07 am



Rocket City Gal Yes, but still.... he's still in the coma a week later which indicates that the brain injury is likely pretty severe.

09-04-2026
09:51:48 am



Charlie in Tenn Scary and sad for Caudell. Mentin going for counseling and talking about it is great.

09-04-2026
09:52:32 am



Rocket City Gal Too many talented young cyclists have died in the last couple of years, in particular.

09-04-2026
09:54:01 am



Rocket City Gal One is too many. There've been more than that, plus the severely injured ones who will probably never race or in some cases even have a chance at a normal life again. It just seems like there are more lately.

09-04-2026
09:54:50 am



Charlie in Tenn I can't decide who or even which group I am cheering for today.

09-04-2026
09:56:12 am



John Hope someone told Mentin to play Tetris. It's amazingly helpful when dealing with severe trauma like that.

09-04-2026
09:58:41 am



Charlie in Tenn Brennan said he was up for some racing today. I think he likes to race.

09-04-2026
09:59:23 am



Rocket City Gal A friend of mine was hit and killed on a group ride. It took a long time before I could get on a bike again without a lot of mental anguish.

09-04-2026
10:06:19 am



Joanna in Virginia Wow, Katie, Thank You! Another generous donation to The Tip Jar gets us started on Nut Year 2027!

09-04-2026
10:06:22 am



Tim in KY Break is faster than imagined but not faster than the fastest.

09-04-2026
10:10:02 am



Tim in KY Time for the last Cat 2.

09-04-2026
10:11:33 am



Joanna in Virginia As a riding instructor, I have clients that come to me with trauma and fear from prior accidents. While much of what I teach deals with the physical, I have a great deal of experience working with mental and emotional stress and trauma. The desire to ride still overtakes the fear, but fear is real, based in personal experience, and my job is to help mitigate.

09-04-2026
10:15:00 am



Katie S Fear can magnify danger, too, I think. If you're afraid of overcooking a turn, for example, you may be too grabby on the brakes , increasing the risk of trouble.

09-04-2026
10:16:53 am



Joanna in Virginia Thank you, John, for your generous donation to the Tip Jar! It is wonderful to be able to get a head start on next year. You Nuts are the Greatest!

09-04-2026
10:17:07 am



Joanna in Virginia Yes, Katie S.! Horses are sensitive to the riders and can be especially reactive if a rider is too tense. I definitely spend lots of time helping the timid or nervous rider learn to relax. I frequently tell riders "your horse can feel a fly on them" to remind them to soften and quiet their aids and project confidence (even if the rider isn't totally confident).

09-04-2026
10:19:13 am



Charlie in Tenn Brennan takes the sprint, with Cristian Rodreguez second. There were time bonuses as well. 6,4,2. Rodreguez is 12 on GC so 4 extra seconds might help a little though he is about 5 min out of 10th.

09-04-2026
10:19:19 am



Alaska Dave In and out doing chores. Put out the trash hoping bears are not in the neighborhood. Neighbor doesn't have indoor trash storage. Freezes the smelly stuff before trash day.

09-04-2026
10:21:20 am



Katie S We don't have bears raiding trash, but we do have raccoons doing the same

09-04-2026
10:25:35 am



Katie S Bears

09-04-2026
10:25:42 am



Charlie in Tenn I freeze the smelly stuff because I park next to the trash cans.

09-04-2026
10:25:59 am



Charlie in Tenn No beats here.

09-04-2026
10:26:17 am



Charlie in Tenn or racoons

09-04-2026
10:26:44 am



SFinAus Wout dragged about a dozen guy up to the front group.

09-04-2026
10:32:16 am



Tim in KY Fun stuff finally.

09-04-2026
10:32:54 am



SFinAus For the moment, things look good for Visma

09-04-2026
10:33:32 am



Alaska Dave Reduced bunch sprint ahead with three Visma riders holding cards

09-04-2026
10:33:52 am



Charlie in Tenn I will go out on a limb and pick Brennan for the win.

09-04-2026
10:38:07 am



Charlie in Tenn Who got the KOM points? I am without a stream at this moment.

09-04-2026
10:38:54 am



SFinAus You've chosen a very stout limb, Charlie. ;)

09-04-2026
10:39:17 am



Charlie in Tenn At my age, falling out of trees is frowned upon.

09-04-2026
10:40:15 am



SFinAus Wout wants a win for himself very badly. Perhaps Brennan will assist?

09-04-2026
10:40:25 am



Charlie in Tenn That would be the other stout limb on this tree.

09-04-2026
10:41:22 am



SFinAus The stout Wout limb?

09-04-2026
10:41:58 am



SFinAus This is refreshingly animated. Fun stuff as Tim said.

09-04-2026
10:42:59 am



Tim in KY Out at the fastest imaginable now.

09-04-2026
10:43:22 am



Rocket City Gal Charlie -last climb KOM Vermaerke, Kron, Bisiaux

09-04-2026
10:44:39 am



Rocket City Gal Spellcheck changed "Vermaerke" to "berserker"—
THAT'S a good one.

09-04-2026
10:45:56 am



SFinAus I'll second that.

09-04-2026
10:46:38 am



Charlie in Tenn Thank you. I don't think anyone has had much
sprinting success besides Brennan and Wout. Craps seems like he has
actually been in a few sprints so maybe better than the rest.

09-04-2026
10:48:25 am



Rocket City Gal Craps is more of a climber I think

09-04-2026
10:49:39 am



Rocket City Gal [https://rumbletalk-images-
upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1788533764-
IMG_2736.jpeg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1788533764-IMG_2736.jpeg)

09-04-2026
10:51:05 am



SFinAus Wout and Brennan are playing a great dual tactic

09-04-2026
10:51:09 am



Tim in KY PCS currently has no clue of who is where.

09-04-2026
10:51:52 am



Rocket City Gal Kooij won today's ToB stage. Askey leads GC by 12
seconds

09-04-2026
10:53:02 am



Charlie in Tenn Definitely a climber but if you look at any of the other
riders in the front groups, their orange sprinter bar is like his blue bar.
That was all I had to go on.

09-04-2026
10:53:24 am



Rocket City Gal And spellcheck thinks Askey is Askew.

09-04-2026
10:53:30 am



SFinAus 73 kph on this stretch!

09-04-2026
10:54:35 am



Katie S Wheeee!!!

09-04-2026
10:55:26 am

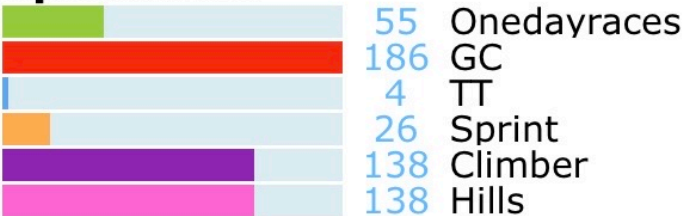
Startlist



© Lotto-Intermarché

Name: Lars Craps 
Date of birth: 17th October 2001 (24)
Nationality:  Belgium
Weight: 67 kg **Height:** 1.85 m
Place of birth: Aalst

Specialties



 STRAVA  FB  INSTA  WIKI

PCS Ranking **480**



Rocket City Gal Brennan, WVA and Albanese are the best sprinters in the front group. Fisher-Black and WvA are the best time trialists.

09-04-2026
10:57:44 am



Tim in KY Team cars are in the gap now so it's >a minute.

09-04-2026
10:58:55 am



SFinAus I've got WvA and Albanese. This could be a good day. (jinx). I don't know how I overlooked Brennan.

09-04-2026
11:00:20 am



Trish in MA Ok. Cat care notes done, can pay attention to the final 12K. The Heel from Hell has been completed and now am just knitting up the leg on this darn sock.

09-04-2026
11:00:43 am



SFinAus HFH (tm)

09-04-2026
11:01:13 am



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1788534464-stage-13-profile-finale.jpg>

09-04-2026
11:02:46 am



Tim in KY The chase group is closing because there's too much cat and mouse up front.

09-04-2026
11:05:26 am



Charlie in Tenn Go everybody.

09-04-2026
11:07:14 am



Trish in MA This is so much fun..

09-04-2026
11:07:55 am



Tim in KY Front keeps slowing down. Stupid.

09-04-2026
11:08:47 am



SFinAus Yup. Total fragmentation. Mas/GC group reeling in Skjelmose too

09-04-2026
11:09:17 am



Katie S Go Wout

09-04-2026
11:10:13 am

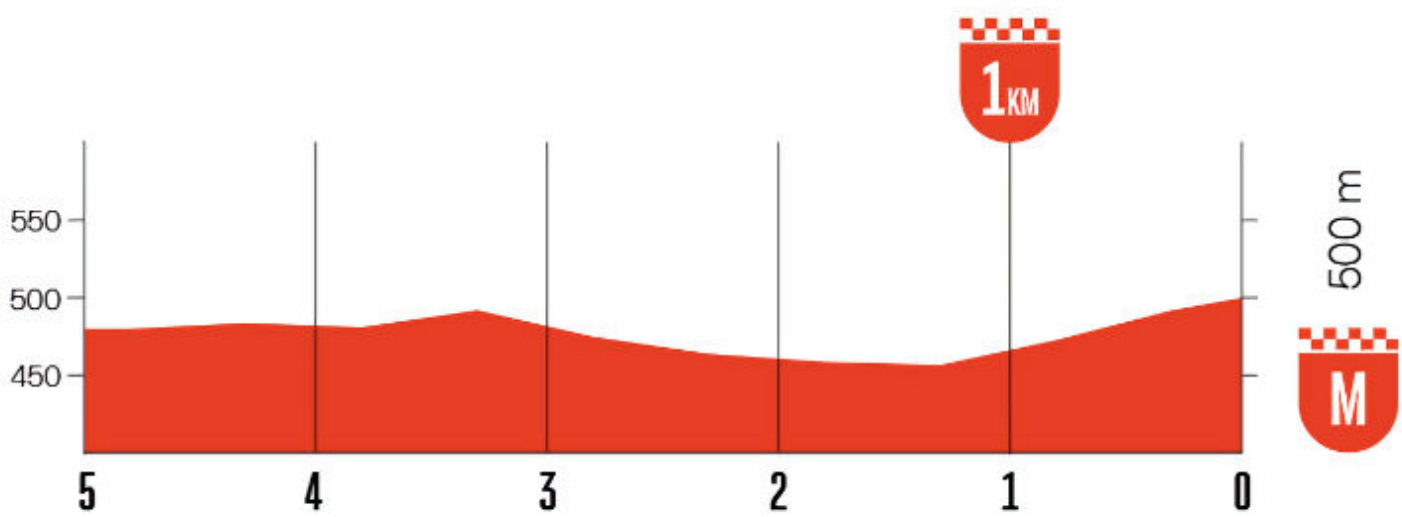


SFinAus Wout taking his shot.

09-04-2026
11:10:50 am

Tim in KY I forgot Parrot Painter was there.

09-04-2026
11:11:03 am





SFinAus Kite!

09-04-2026
11:12:13 am



Trish in MA WVA!!!!!!!!!!

09-04-2026
11:14:23 am



Charlie in Tenn On the wrong limb as usual.

09-04-2026
11:15:34 am



Tim in KY Two minutes faster than the fastest imaginable.

09-04-2026
11:16:08 am



SFinAus Savvy, calm and super strong race from WvA

09-04-2026
11:16:33 am



Tim in KY Stuff to do. More mountains tomorrow.

09-04-2026
11:16:51 am



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1788535322-stage-14-profile.jpg>

09-04-2026
11:17:03 am



Alaska Dave Gc group is tiny.

09-04-2026
11:17:13 am



Rocket City Gal VPP's voice in his head; "Maybe I can out-sprint Wout!" A few seconds pass.. ".....nah."

09-04-2026
11:17:13 am



SFinAus Heh.

09-04-2026
11:17:50 am



Katie S Tomorrow looks fun. I'll be viewing from my mother in law's house in Salt Lake City. Her 94th birthday weekend.

09-04-2026
11:18:49 am



Trish in MA Have fun, Katie. Happy birthday to your MIL.

09-04-2026
11:19:34 am



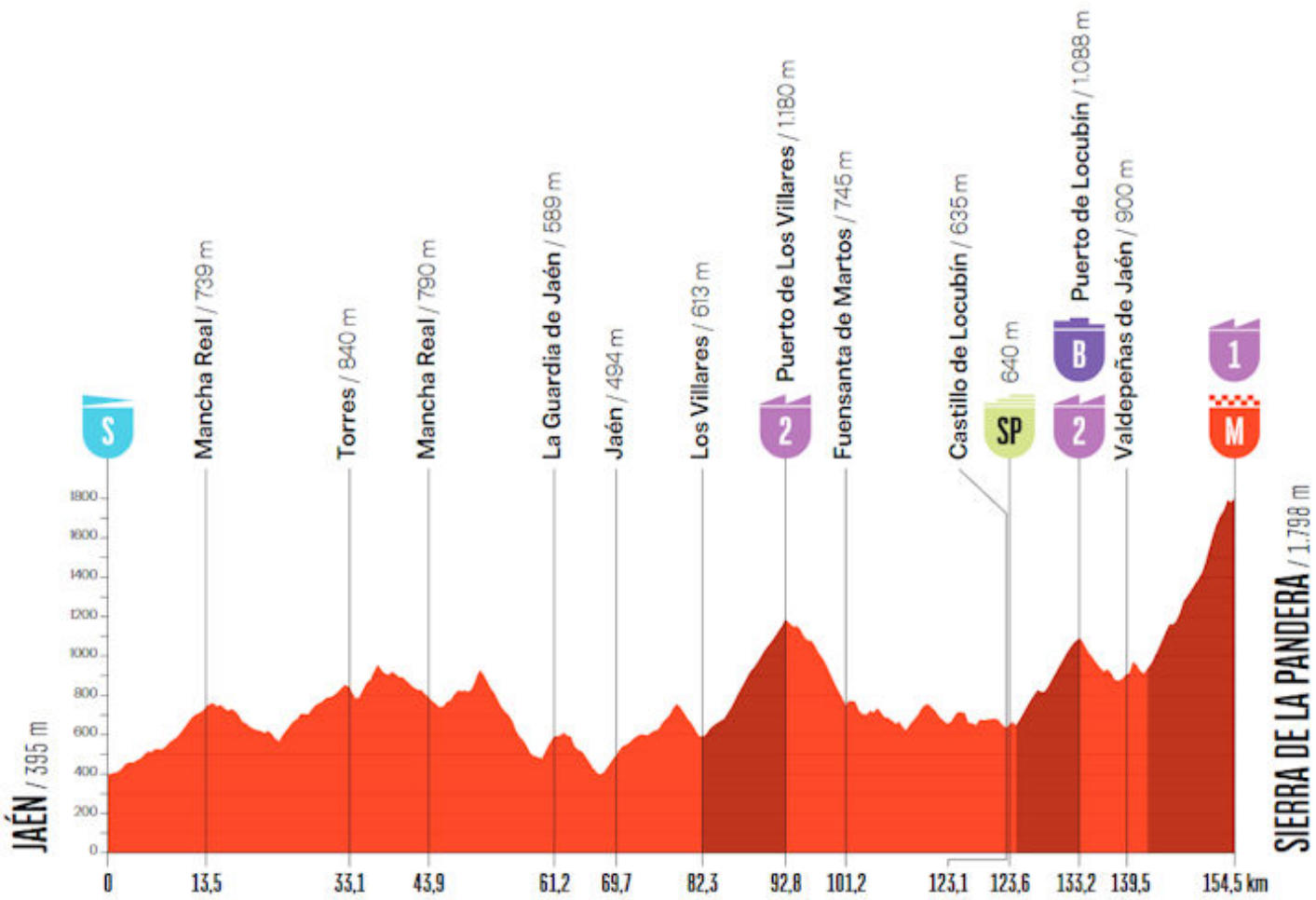
Charlie in Tenn I look forward to watching the replay of the last bit today. It sounded exciting. see ya tomorrow.

09-04-2026
11:19:38 am



Alaska Dave WVA prepping for worlds?

09-04-2026
11:20:51 am





SFinAus I think so.

09-04-2026
11:21:08 am



Trish in MA CVV and Bob think Wout will be tough to beat. Katie and I will be there to witness it

09-04-2026
11:23:33 am



Katie S Huzzah!

09-04-2026
11:26:28 am



SFinAus That 'wout' be great, Trish. I saw Sagan's attack for his first win. It was awesome

09-04-2026
11:26:39 am



SFinAus Bye for now.

09-04-2026
11:27:02 am



Trish in MA Off to continue getting ready for the Rockies. Only random checking in for the rest of the race. Go everybody!

09-04-2026
11:28:19 am



Katie S Have fun!

09-04-2026
11:35:29 am