Tim in KY TdF Stage 5 is a 33-kilometer ITT that starts in Caen and loops northwest through the orchards of Calvados then returns to Caen for the finish. The urban sections of the route are rather technical and well furnished.

Marcon Tim in KY https://rumbletalk-images-

07-08-2025 01:44:55 pm

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1751996994-stage-5-route.jpg



Tim in KY The profile is flat.

07-08-2025 01:45:36 pm

Tim in KY https://rumbletalk-images-

07-08-2025 01:45:52 pm

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1751997051stage-5-profile.jpg

Tim in KY The Lanterne Rouge starts at 13:05 CEST, MVdP sets off at 07-08-2025 17:00. It is imagined that it will take 37 minutes to ride the course.

Forecast is for sunshine in the mid-20s.

Tim in KY I found a map of the urban tribulations going out and coming back.

07-08-2025 04:45:14 pm

Tim in KY https://rumbletalk-images-

07-08-2025 04:45:42 pm

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752007841-stage-5-route-finale.jpg

A

BusterSci I haven't been super active at the Pub, but "Urban tribulations" is my favorite new term of the Tour so far.

07-09-2025 04:45:38 am

Tim in KY No DNF yesterday, no word of any DNS today. Yesterday Remco was fined 500 CHF for littering outside the trash zone.

07-09-2025 06:48:01 am

Tim in KY There is a street on the urban map called Allée de la Vallée Verte. Must have been named when Caen was smaller.

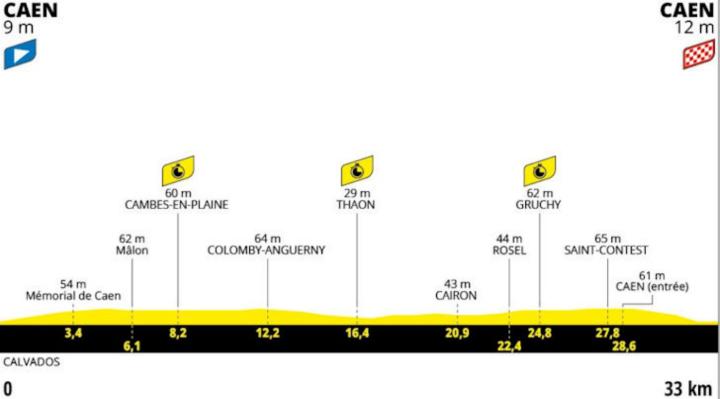
07-09-2025 06:56:48 am

Tim in KY The last 16 riders start 2 minutes apart. That's pretty typical 07-09-2025 of a long ITT. But there is a smattering of riders in the first 164 that also start two minutes apart. I can't figure out why.

Tim in KY First rider is on the road. I'll do my PT exercises.

07-09-2025 07:06:13 am









| Carlene in NH "Urban tribulations" indeed. Let's hope the weather stays dry. | 07-09-2025 07:06:36 am |
|---|------------------------------------|
| Tim in KY The forecast is for bright sunshine all afternoon. | 07-09-2025 07:07:27 am |
| bikerabe Will Barta off could set early fast time | 07-09-2025 07:10:12 am |
| Rocket City Gal The ex-pro commentators were remaking yesterday a how many more urban tribulations there are now as compared to when they rode. | † 07-09-2025 07:29:49 am |
| Rocket City Gal The cat's opinion regarding the excitement level for time trial stages: | 07-09-2025 07:31:20 am |
| Rocket City Gal https://rumbletalk-images- upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752 1752060687761.jpeg | 07-09-2025 07:31:28 am |
| BusterSci From roundabouts to traffic islands and all in between, road "improvements" are a big segment of transfer payments from federal to local governments in France. So we shouldn't expect to see any reduction in increase. | 07.44.05 am |
| Tim in KY The urban tribulation look worse on TV than they do on paper. | 07-09-2025 07:52:45 am |
| Tim in KY What happened to Plapp on the last quarter of the course? | 07-09-2025 07:54:29 am |
| Tim in KY Time for grocery run. | 07-09-2025 07:54:38 am |
| Katie S Plapp plotzed? | 07-09-2025 07:55:51 am |
| Katie S Last night I was playing Strands and found this: | 07-09-2025 07:56:20 am |



Katie S https://rumbletalk-images-

07-09-2025 07:56:35 am

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BusterSci I think I'm going to go do some outside work before it warms 07-09-2025 up.



Carlene in NH Katie, I think he's watching the race from above. 4.8



07-09-2025 08:28:04 am



Katie S I think so, too.

07-09-2025 08:29:25 am

07-09-2025 **Katie S** The big news in my world today is that I got an instant 08:37:18 am message from one of my employees to say he was on the way to the hospital because he is the "secondary" for a potential liver transplant today. If the liver is not a fit for the primary recipient, it would go to Andy if it's a fit for him. This is how they do it, at least in Pennsylvania. They bring in a primary candidate and a backup. The last time he got called in was a few years ago, and the liver wasn't a fit for either candidate. Andy was supposed to do a live-donor transplant this summer, but the final tests of his body and the donor's liver (they use a portion of it, and it regenerates) showed they were not a match. It was a huge disappointment. We'll see how today goes...

Katie S Because July is the worst month to have someone out, I'm hoping the Fates are conspiring to make my life as a manager challenging

07-09-2025 08:38:28 am



Carlene in NH Wow. It sounds like he's a good human and a great employee. I hope it all works out!

07-09-2025 08:41:14 am



Katie S thank you

07-09-2025 08:41:24 am



bikerabe meanwhile Giro Donne stage 4 Aussie Aussie Aussie Sarah Gigante wins mountain finish Reusser 3rd leads GC

07-09-2025 08:46:57 am



Rocket City Gal Gigante has been having a great year

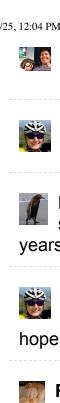
07-09-2025 08:51:53 am



Rocket City Gal Katie - wishing the best for Andy. Sounds like he's been on the transplant roller coaster for way too long.

07-09-2025 08:54:04 am





Carlene in NH Gotta go. Visiting a zoo today, and then my handbell confab starts for the rest of the week. Enjoy your day!

07-09-2025 08:54:42 am

Katie S Have fun, Carlene, you dingaling! (Sorry, my family also had handbell ringers in their ranks, so this is said with great affection!)

07-09-2025 08:55:49 am

BusterSci I've become interested in transplant stories as DSDagies' son is going to need a heart transplant at some time over the next few years. He's doing OK now but it's on the way.

07-09-2025 08:56:32 am

Katie S FWIW, I am acquainted with a woman who had a heart transplant more than 20 years ago. She is doing well, from what I hear. I hope the best for DSDagies' son.

07-09-2025 08:59:55 am

Rocket City Gal Too many people waiting, not enough donors. Friends 07-09-2025 of ours with twins saw both of them decline because of heart issues both girls were fortunate to be matched for transplants (they were just babies). At pretty much the same time. Imagine that with both of your babies at the same time....



Juju down the ramp to great cheers.

07-09-2025 09:02:55 am

Tim in KY Have they shown any of the countryside? All I've seen is the 07-09-2025 start and the last two Km.



They showed the nearby beaches with D-Day relics

07-09-2025 09:03:42 am



Tim in KY Well, as I say that... countryside.

07-09-2025 09:04:52 am



bikerabe Chempernuts on course

07-09-2025 09:11:20 am



Rocket City Gal Affini still with the early lead (37:15).

07-09-2025 09:15:57 am



Rocket City Gal Looks like a lot of farmland along the route. Wheat, maybe?

07-09-2025 09:16:56 am



Tim in KY Everybody grows wheat in France. The government pays farmers for all the wheat they grow whether there's a market for it or not.

07-09-2025 09:19:03 am

07-09-2025 **Rocket City Gal** There was a guy at the finish area yesterday 09:20:52 am threatening people with a knife. Police were called; one was stabbed in the chest but saved by his body armor. The guy with the knife was shot in the leg and subdued. This all happened a couple of hours before the riders came through. Rocket City Gal I can't look at the Visma helmets without thinking 07-09-2025 09:22:23 am about Rick Moranis in Spaceballs. 07-09-2025 **Tim in KY** I can't believe anyone would wear a helmet as ugly as 09:23:41 am Visma's. I don't care how aerodynamic it is, one must have self respect. 07-09-2025 **Rocket City Gal** Tim— with no wheat crops incoming out of Ukrane 09:24:05 am these days, I imagine there's a better European market for French wheat. 07-09-2025 **Tim in KY** Don't know. 09:24:48 am 07-09-2025 I'm w/ you on the helmets, Tim 09:27:27 am 07-09-2025 **Tim in KY** Two late DNS today. 09:29:06 am 07-09-2025 Tim in KY From PCS: DNS Jeannière Emilien Team TotalEnergies 09:30:42 am **DNS De Buyst Jasper Lotto** PasadenaK8 Nornin' ~ 07-09-2025 09:31:56 am 07-09-2025 **Tim in KY** The heads of state don't start for another hour. 09:32:14 am 07-09-2025 Tim in KY Hi, K8. 09:32:23 am 07-09-2025 **PasadenaK8** Hi Tim ~ was just thinking that you might want to count 09:34:23 am your blessing that Visma doesn't have the KOM jersey. That helmet + a full on polka dot kit.... *8-}

Tim in KY Thank you for those delightful images, K8.

07-09-2025 09:37:50 am **Rocket City Gal** Washouts from yesterday. Apparently I forgot to add soda ash to two of them, as they are super pale. Got a couple of fun bandanas though.

07-09-2025 09:38:09 am

07-09-2025 09:38:20 am

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Rocket City Gal https://rumbletalk-images-

Rocket City Gal https://rumbletalk-images-

07-09-2025 09:38:30 am

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752068598-1752068308553.jpeg

Katie S Last night I tuned in to The Move, with HWSNBN, Brave Brave 07-09-2025 Sir Wiggo and Hincapie ... oh my lord was that painful. I watched as HWSNBN read a piece of paper with the sponsors' ads, and then try to have a convo with the other two. It really made me appreciate how good (or at least how much better) the "real" commentators are.

Tim in KY As a point of scale, RCG, what is the size of those tiles?

07-09-2025 09:40:45 am

Tim in KY WHF phoning it in today.

07-09-2025 09:42:57 am



Katie S Love Wout wearing his cycling cap, backwards, during his warmup. Kind of miss those pre-helmet days (for style and panache,

07-09-2025 09:46:28 am

only)

PasadenaK8 I left Peacock running after the stage yesterday, and went to water my plants. Came back in the room and somehow "The Move" was playing. Agree, Katie. Twas painful. Moral of the story... sign out of Peacock *immediately* after the TdF program has finished.

07-09-2025 09:46:51 am

Rocket City Gal Tim, I think the tiles are about 11" square. Some of these are youth tees. Upper right (and the one in the closeup) is adult large, new-to-me tie that came close to what I was going for but still needs to be tweaked a little. The bandanas are hand-sewn by a friend of mine because I was so disappointed with the small size, excessive shrinkage, and bad seams of commercial ones— she sews them around 22-23" square which is a great size.

100

Tim in KY I was guessing 12X12. Close enough.

07-09-2025 09:48:50 am





| Katie S Love the colors, RCG | 07-09-2025 09:49:09 am |
|---|-------------------------------|
| Katie S Birthday boy down the ramp, apparently | 07-09-2025 09:49:31 am |
| Tim in KY Harry Sweeny is 27 today. | 07-09-2025 09:50:54 am |
| Katie S I should have known - i picked him for my team! (I picked him b/c he did pretty well in the Tour de Suisse and because one of my favorite Lily Tomlin skits is called "Tell Miss Sweeny, Goodbye") | 07-09-2025 09:53:08 am |
| Rocket City Gal Blue is a popular color. I have my only 2 markets of the month tomorrow and Friday— rain may be an issue. There have been a lot of rain-outs this year. At least the hip recovered pretty quickly — No didn't think I'd be able to do either one. Tomorrow's market is mostly produce baked goods with some "artisans" thrown in I'm hoping to score some frest since mine isn't doing so great. Need to turn some of our cukes into refrigeratively. | e and h dill |
| Katie S Barguil starts to cheers almost as loud as those for WHF | 07-09-2025 09:54:48 am |
| PasadenaK8 Iol, Phil | 07-09-2025 09:56:08 am |
| Rocket City Gal Cool old castle. | 07-09-2025 09:56:51 am |
| Tim in KY Herbs are the only thing I miss about giving up my gardens | 07-09-2025 09:56:52 am |
| Rocket City Gal Tim, my herbs are doing great except for the dill. And the cilantro — it doesn't like the heat of our summers, but I let the spring crop go to seed so we should get another crop this fall. | 07-09-2025 09:58:43 am |
| Rocket City Gal The excessive rain and cloud cover were disastrous for the tomatoes. | 07-09-2025 10:00:03 am |
| Tim in KY WvA doesn't look like he's trying very hard. | 07-09-2025 10:05:11 am |
| | 07.00.0005 |



| Tim in KY WvA was 134th at the first time check. | 07-09-2025 10:12:26 am |
|---|---------------------------------------|
| Rocket City Gal I don't think W v A has fully recovered from his injuries last year, especially the knee thing. Or maybe his head's just not quite in the game these days. He just seems off this year. | |
| Tim in KY It is said he's been sick. | 07-09-2025 10:13:50 am |
| Rocket City Gal He had a Gi thing right before le tour to boot. | 07-09-2025 10:18:28 am |
| Rocket City Gal Wellens stops pedaling well before the line and and coasts across, still comes in 21st | 07-09-2025 10:19:24 am |
| Katie S Jonas looks pretty tranquillo | 07-09-2025 10:26:34 am |
| Katie S Cyclops! | 07-09-2025 10:29:38 am |
| Tim in KY What is he selling? He's there everyday. | 07-09-2025 10:31:14 am |
| PasadenaK8 Might be one of the "Géants" of northern France? https://thegoodlifefrance.com/the-giants-of-france/ | 07-09-2025 10:33:37 am |
| Katie S I think he's a new "regular" like Didi or, heaven forbid, Antle Man | r 07-09-2025 10:34:16 am |
| PasadenaK8 https://rumbletalk-images- upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/175 1752071726950.jpeg | 07-09-2025 10:35:28 am 2072026- |
| PasadenaK8 Did he look like this? (I missed it earlier) | 07-09-2025 10:35:41 am |

PasadenaK8 That was from last year

07-09-2025 10:35:54 am





Tim in KY That's the guy K8.

07-09-2025 10:37:06 am



Tim in KY I'm not fond of the RBH special Tour kit.

07-09-2025 10:37:37 am

PasadenaK8 Just found this on Reddit... "The giant Cyclops is called Medar. It's currently owned by a Dutch interiors company called Adrem Keukens. I understand it's had other owners in the past who have also used it as a mascot in the TdF, including a French company specialising in heavy machinery. It was created in 2000 by an Italian artist for a specific project and it's been bought and sold by various companies ever since. It's essentially a fun bit of advertising! You can track Medar's movements on the Adrem Keukens insta page, take a little look here > https://www.instagram.com/adrem.keukens/

Tim in KY Thanks, K8.

07-09-2025 10:41:14 am



PasadenaK8 Remco is off and flyin'...

07-09-2025 10:45:06 am



Katie S Determined

07-09-2025 10:45:25 am

Alaska Dave Good morning. I'm watching the roads dry this morning, hoping to get an outdoor ride in between rain systems at a balmy 54 degrees.

07-09-2025 10:47:50 am

W.

Katie S good morning, Dave. That's practically toasty

07-09-2025 10:48:27 am



Rocket City Gal Pog in the starthouse

07-09-2025 10:48:54 am



Tim in KY Rog is not ripping it at the 1st time check. 30 sec down.

07-09-2025 10:50:51 am



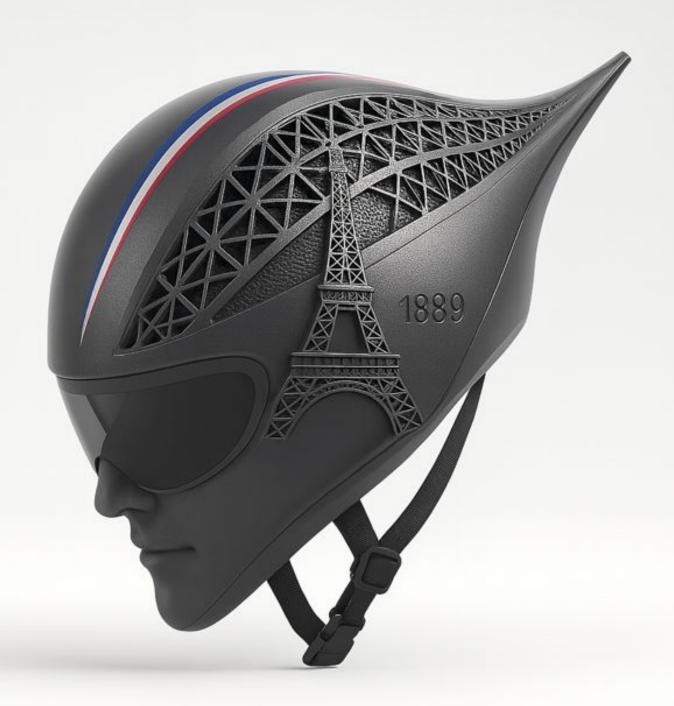
Katie S Given the helmet discussion, I asked ChatGPT to design us a new one ...

07-09-2025 10:53:08 am

Katie S https://rumbletalk-images-

07-09-2025 10:53:14 am

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| Katie S My prompt was "Design an aerodynamic bicycle time-trial helmet that incorporates the Eiffel Tower" | 07-09-2025 10:54:04 am |
|--|---|
| PasadenaK8 👋 🍑 💜 Well done, Katie! | 07-09-2025 10:55:37 am |
| bikerabe Remco 3 secs down on Plapp 1st chk | 07-09-2025 10:55:59 am |
| bikerabe Jonas starts | 07-09-2025 10:56:55 am |
| Tim in KY Shaped like the helmet of the oughts. | 07-09-2025 10:57:13 am |
| Toulouse I'm here, kind of. Life is too busy to deal with a new computer. And new router and whatever else Spectrum sent yesterday to try to fix our constant internet outages. | 07-09-2025 10:57:15 am |
| Toulouse Good thing I wasn't eating cereal when I read the Spaceballs comments above. And Katie, I hope Andy gets a transplant today. | 607-09-2025 10:58:06 am |
| | |
| Katie S Thanks, Toulouse | 07-09-2025 10:58:34 am |
| Katie S Thanks, Toulouse Alaska Dave Heads of state on the course. | |
| | 10:58:34 am 07-09-2025 |
| Alaska Dave Heads of state on the course. | 07-09-2025 10:59:51 am 07-09-2025 11:00:57 am 07-09-2025 11:01:09 am |
| Alaska Dave Heads of state on the course. Alaska Dave 13km in 15 minutes. I have trouble driving that fast. Toulouse On my good news front, I went to a colleague's 10-year-old daughter's baseball game last night. It was the last game of the season, and in her last at-bat she tagged an RBI line drive between first and second. I | 07-09-2025 10:59:51 am 07-09-2025 11:00:57 am 07-09-2025 11:01:09 am |

Katie S \$\$\$\$\$\$\$

07-09-2025 11:05:46 am

| Tim in KY Wind change has made a big difference over the afternoon. | 07-09-2025 11:06:13 am |
|--|-------------------------------|
| bikerabe Phil is shouting now | 07-09-2025 11:06:18 am |
| PasadenaK8 PCS has bonked *:-(| 07-09-2025 11:08:07 am |
| Tim in KY 7 of the top ten at the first check rode in the first hour. | 07-09-2025 11:08:18 am |
| PasadenaK8 It's back *;-) | 07-09-2025 11:08:33 am |
| Alaska Dave Out and back course might even things out on return trip. | 07-09-2025 11:08:34 am |
| Katie S I cant' hear b/c I am having to listen to my SVP | 07-09-2025 11:08:34 am |
| Alaska Dave Pog 1 second slower than remco | 07-09-2025 11:09:16 am |
| Katie S Remco is motoring! (I have my sound back up; off my call) | 07-09-2025 11:10:08 am |
| Tim in KY >50,000 online at PCS. 25K usually locks them up. | 07-09-2025 11:11:11 am |
| pikerabe Remco now 1st ∼! | 07-09-2025 11:13:40 am |
| Alaska Dave Winds have flags straight. Remco with fastest time at 3rd checkpoint | 07-09-2025 11:13:49 am |
| Katie S Pog is making his bike work hard, too | 07-09-2025 11:14:02 am |
| Alaska Dave Rob 7th best so far. Not up to usual standards | 07-09-2025 11:15:26 am |
| Alaska Dave Rog | 07-09-2025 11:15:37 am |



Tim in KY We haven't seen MVdP at all.

07-09-2025 11:16:25 am



Tim in KY He was 14th at the first check.

07-09-2025 11:17:15 am

Joanna in Virginia Hi All! Just a quick pop-in as I had to work this morning (on my "day off") and will soon be off to my first appointment at the Pain Management Clinic in Bethesda. My C-Spine MRI results pretty much confirmed my neck continues to be a disaster despite my two-level fusion 15 years ago. Problems at C2-3, C3-4 and C6-7. I am fused C4-5 and C5-6 - not much spine left after that. Boo!



Katie S Hi Jo!

07-09-2025 11:18:04 am

यह

Katie S Ugh - that doesn't sound pleasant at all

07-09-2025 11:18:20 am

Tim in KY Sorry to hear, Jo. I hate to bring up sweep time.

07-09-2025 11:19:15 am



Toulouse I hope the clinic can provide some options for you, Jo.

07-09-2025 11:19:16 am

Joanna in Virginia It's not. The Ortho that ordered the MRI didn't think 07-09-2025
I had any issues because I'm the strongest person of my age he's ever seen and I'm not hysterical. Docs, if I'm in your office it is because I am desperate.



Alaska Dave Ughh pain management is no fun—until you find an option that works.

07-09-2025 11:19:29 am



Joanna in Virginia I am hoping to sweep before I leave Tim, should be 11:19:49 am cleared shortly after the stage ends.

Joanna in Virginia Pain management kept me surgery free for 10
years after my car accident. I cannot tolerate pain meds, but some
stronger muscle relaxers when I go into spasm would be appreciated. I am definitely a candidate for injections based on my MRI results. I am not anxious to have another surgery.



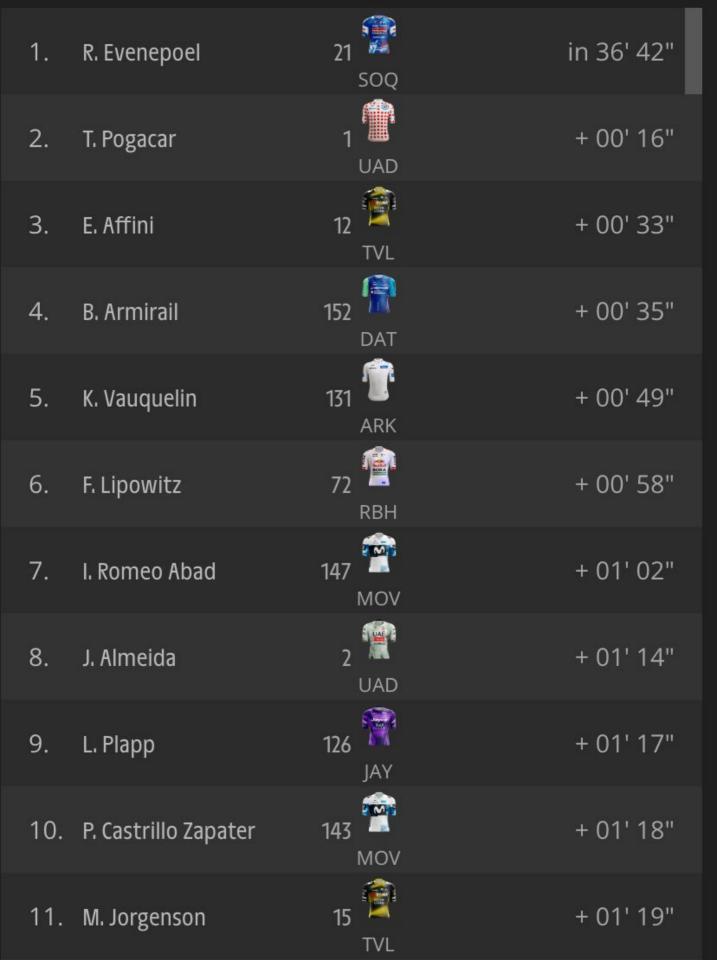
bikerabe Remco 1st by 33 secs

07-09-2025 11:22:01 am

| Katie S That was one impressive ride by Remco | 07-09-2025 11:22:39 am |
|---|----------------------------------|
| Joanna in Virginia Okay, hope to see you all Saturday! | 07-09-2025 11:24:12 am |
| Tim in KY Jorgenson was 13th at the third. | 07-09-2025 11:24:19 am |
| PasadenaK8 Best wishes, Jo. | 07-09-2025 11:24:28 am |
| Katie S Good luck, Jo | 07-09-2025 11:24:30 am |
| BusterSci Just Pipped Plapp. I bet Phil couldn't say that 3 times fast | 07-09-2025 11:25:09 am |
| BusterSci Surprised he got it out once | 07-09-2025 11:25:19 am |
| bikerabe Vaquelin having good tide | 07-09-2025 11:27:47 am |
| bikerabe Pog 17 secs behind Remco 2nde chk | 07-09-2025 11:28:28 am |
| bikerabe Jo0nas slow | 07-09-2025 11:28:55 am |
| bikerabe Tedaj riding to0 Yellow | 07-09-2025 11:30:56 am |
| Tim in KY Jonas had a bad day. | 07-09-2025 11:35:06 am |
| Katie S it's the hat | 07-09-2025 11:35:11 am |
| PasadenaK8 Word | 07-09-2025 11:35:23 am |
| Katie S the shame like a pup wearing a cone | 07-09-2025 11:35:29 am |

Alaska Dave Remco and Pog are only riders under 37 minutes.

07-09-2025 11:36:37 am



GENERAL RANKING

| 1 | - | Tadej POGACAR UAE TEAM EMIRATES XRG | 17h 22' 58" |
|---|----------|--|---------------|
| 2 | ш | Remco EVENEPOEL SOUDAL QUICK-STEP | + 00h 00' 42" |
| 3 | 11 | Kévin VAUQUELIN ARKEA-B&B HOTELS | + 00h 00' 59" |
| 4 | == | Jonas VINGEGAARD TEAM VISMA LEASE A BIKE | + 00h 01' 13" |
| 5 | | Matteo JORGENSON TEAM VISMA LEASE A BIKE | + 00h 01' 22" |
| 6 | = | Mathieu VAN DER POE ALPECIN-DECEUNINCK | |
| 7 | ® | Joao ALMEIDA UAE TEAM EMIRATES XRG | + 00h 01' 53" |
| 8 | <u>-</u> | Primoz ROGLIC RED BULL - BORA - HANSGR | + 00h 02' 30" |
| 9 | _ | Florian LIPOWITZ | ± 00b 02! 21" |
| | | RED BULL - BORA - HANSGR | + 0011 02 31 |





Katie S Now let's debate whether the polka dot sponsor kit created drag that he'd have avoided in his high-tech kit...

07-09-2025 11:36:48 am



Tim in KY MVdP way behind.

07-09-2025 11:37:18 am



Toulouse No, the dots leant him speed. Especially the shorts. They're 07-09-2025 Tim's favorite, you know.

11:37:40 am



Tim in KY Oh, let's not...

07-09-2025 11:37:51 am



Rocket City Gal Well, it was a good few days for Mathieu, but it's over

07-09-2025 11:39:04 am



Alaska Dave Get the royal abacus out and reorder the standings.

07-09-2025 11:40:08 am

PasadenaK8 https://rumbletalk-images-

07-09-2025 11:40:56 am

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1752075955-1752075655381.jpeg



Alaska Dave Jorgenson and Rog finish two seconds ahead of Vinego. 07-09-2025



Tim in KY Jonas only 9 seconds ahead oj Jorgenson on GC!

07-09-2025 11:41:40 am



Alaska Dave That's the type of gap expected everywhere after the first 07-09-2025 5 "flat" stages. Such significant gaps without any high mountains.

PasadenaK8 https://rumbletalk-images-

07-09-2025 11:44:42 am

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PasadenaK8 Bye, all. Keeping fingers crossed, Katie, for your friend Andy.

07-09-2025 11:45:29 am



Alaska Dave Enjoy the day

07-09-2025 11:55:07 am