



Tim in KY TdF Stage 4 is 182 kilometers from Dax to Nogaro in southwestern France. The first 145 km head due east, the remainder turn back west.

07-03-2023
02:09:48 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688408100-stage-4-route.jpg>

07-03-2023
02:10:01 pm



Tim in KY The stage is classified as "flat" but it is actually undulating and lumpy for the entire distance. There is an inconsequential Cat 4 cresting 27 kilometers from the finish. The last 3 km are raced on a motorsports track.

07-03-2023
02:10:42 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688408151-stage-4-profile.jpg>

07-03-2023
02:10:52 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688408163-stage-4-route-finale.jpg>

07-03-2023
02:11:04 pm



Tim in KY Kilometer zero is scheduled for 13:20 CEST. Finish is imagined either side of 17:25. Forecast is for clouds with temps in the low-20s.

07-03-2023
02:12:30 pm



Joanna in Virginia Good morning all! Sorry I will not be here for the next couple days, but I will be here for Thursday's climb up the Tourmalet! Reading through yesterday's chat, I was so deeply moved by the image shared by Mikey, and the knowledge that the Mons Memorial Bench has inspired others - truly, would we have expected anything different? His generosity and grace continues still. I also appreciated seeing his words again. I love this group of people, thanks for being my Nutty LUGS!

07-04-2023
05:40:22 am



Tim in KY In neutral.

07-04-2023
07:14:45 am



Tim in KY Km 0.

07-04-2023
07:22:05 am



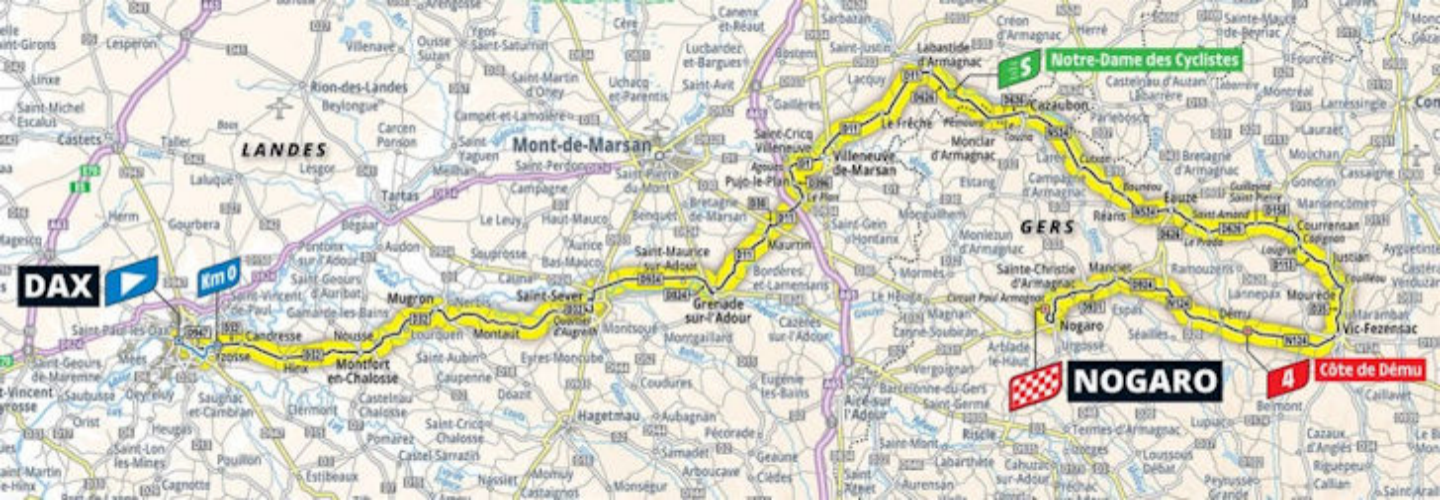
Tim in KY Rolling rest day.

07-04-2023
07:24:26 am



Tim in KY They're already 6 minutes slower than the slowest...

07-04-2023
07:40:10 am



LANDES

Mont-de-Marsan

GERS

DAX

KM 0

NOGARO

Côte de Dèmu

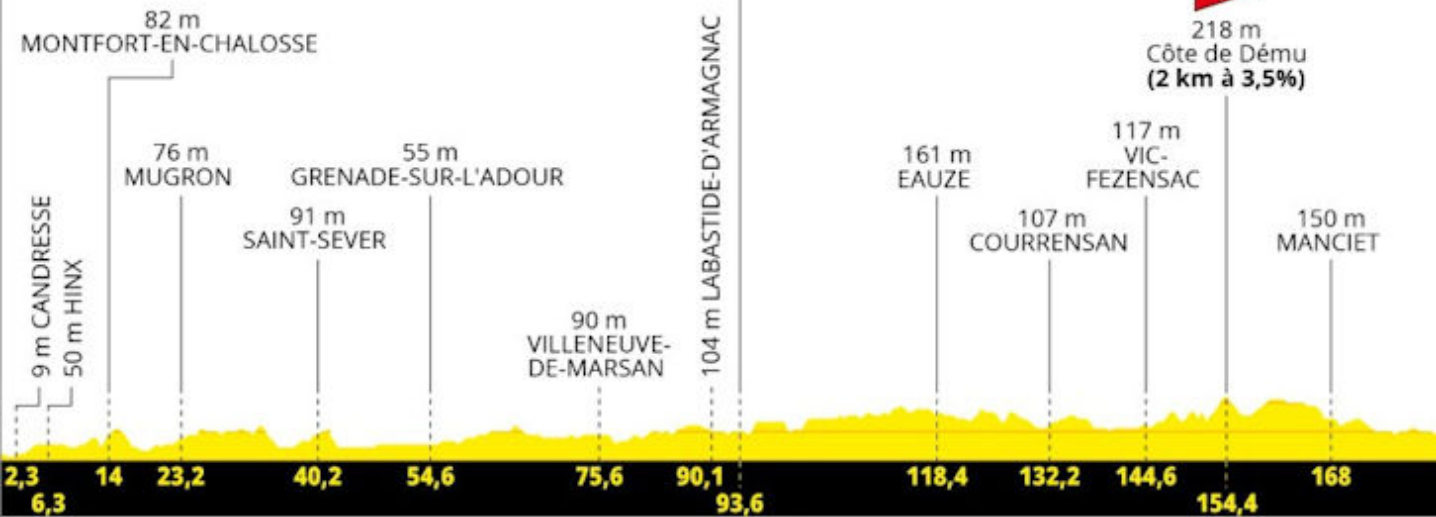
Notre-Dame des Cyclistes

DAX

11 m

**NOGARO**

95 m



LANDES

GERS
LANDES
GERS

0

181,8 km





Tim in KY Back for the sprint.

07-04-2023
07:40:20 am



BusterSci The wheels on the bikes go round and round....slowly...so slowly...zzzzzzzzzz

07-04-2023
08:21:36 am



Tim in KY Took a very muggy walk.

07-04-2023
08:24:02 am



BusterSci We're going to do the same after breakfast. Â Heat breaks tomorrow though.

07-04-2023
08:40:26 am



Katie Lane <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688474805-1688474505400.jpeg>

07-04-2023
08:41:46 am



Katie Lane This looks like a paint-drying stage.

07-04-2023
08:42:04 am



Katie Lane <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688474805-1688474533725.jpeg>

07-04-2023
08:42:15 am



Katie Lane The catlet agrees

07-04-2023
08:42:29 am



Katie Lane Woke up to 70 deg this morning. Â Humid, but the cooler temp is nice.

07-04-2023
08:43:06 am



Tim in KY Currently 12 minutes slower than the slowest...

07-04-2023
08:45:01 am



Katie Lane Thatâ€™s because theyâ€™re resting as much as they can for tomorrowâ€™s stage.

07-04-2023
08:55:04 am



Mikey Happy 4th!

07-04-2023
08:59:28 am



Mikey AND Happy painting drying day!

07-04-2023
09:00:12 am







Mikey Thanks Tim for the race day graphics for a real nutty finish

07-04-2023
09:01:03 am



Katie Lane Vandeveldel playing with fake 3D cars and riders

07-04-2023
09:07:00 am



Katie Lane Not sure how they do that sort of display. It's pretty cool .

07-04-2023
09:07:02 am



Katie Lane Not Vandeveldel. One of the 3 Bs. Bewley.

07-04-2023
09:07:42 am



Mikey Going to miss a bit now hope to be back with 5k to go....

07-04-2023
09:09:38 am



Katie Lane Not even a breakaway.

07-04-2023
09:18:23 am



Tim in KY The race track finish today has been used several times by le Tour and other bike races. Eddy Merckx won there in 1974.

07-04-2023
09:19:52 am



Katie Lane Giro Donne results for today. Lingo Borgini and Van Vleuten crashed with 7-8 km to go

07-04-2023
09:19:54 am



Katie Lane https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688477089-IMG_2031.jpeg

07-04-2023
09:19:55 am



Katie Lane It should be reasonably wide at least, but that's quite the graphic for the finale. Looks like someone dropped a piece of spaghetti on a plate from a height of 4 or 5 feet.

07-04-2023
09:21:22 am



Tim in KY That's the third bull fighting ring they've shown today.

07-04-2023
09:23:59 am



Katie S Good morning. I even slept in and there are *still* 100 km to go!

07-04-2023
09:32:36 am



Katie S Attended a birthday party hosted by dear friends (for me, about a week early). Great evening, delicious ribs and a cake that looked like it came from a bakery that a friend knocked jersey out on. Libations and laughter. It felt entirely pre-pandemic (though we did all test ahead of time).

07-04-2023
09:37:43 am

1	 NIEDERMAIER Antonia  Canyon//SRAM Racing	50	50	3:14:02
2	 VAN VLEUTEN Annemiek   Movistar Team	40	30	0:09 2"
3	 FISHER-BLACK Niamh  Team SD Worx	30	18	1:25 1"
4	 LABOUS Juliette  Team dsm-firmenich	25	13	"
5	 EWERS Veronica  EF Education-TIBCO-SVB	20	10	"
6	 REALINI Gaia   Lidl - Trek	18	7	1:30
7	 MAGNALDI Erica  UAE Team ADQ	15	4	-
8	 GARCÍA Mavi  Liv Racing TeqFind	10	3	-
9	 VAN EMPEL Fem  Team Jumbo-Visma	8	2	-
10	 PERSICO Silvia  UAE Team ADQ	6	1	-



Katie S <https://rumbletalk-images->

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688478219-1688477919539.jpeg

07-04-2023
09:38:58 am



Tim in KY A "too nice to cut into" cake.

07-04-2023
09:41:40 am



Tim in KY Now 20 minutes slower. I hope they finish before nightfall.

07-04-2023
09:42:57 am



Katie S <https://rumbletalk-images->

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688478219-1688477968477.jpeg

07-04-2023
09:43:48 am



Tim in KY 22 minutes, actually.

07-04-2023
09:47:37 am



Katie S Sprint.

07-04-2023
09:53:03 am



Katie S Philipsen

07-04-2023
09:54:15 am



Katie S Arkea and AG2R attack. Delaplace and Cosnefroy

07-04-2023
09:57:10 am



Katie S Racing along at 24 mph, or 38 kph in France

07-04-2023
09:58:01 am



BusterSci I've picked the right days to cut back my LUGging.

07-04-2023
10:09:32 am



Tim in KY Sprint teams are chasing down two late escapees. Maybe this will get things moving.

07-04-2023
10:10:35 am



Tim in KY Nope. Still 20 minutes slower.

07-04-2023
10:21:05 am



Katie Lane Pretty cake and platter, Katie!

07-04-2023
10:23:58 am



Katie Lane I agree that it's almost too pretty to cut.

07-04-2023
10:24:12 am









Katie Lane <https://rumbledtalk-images->

07-04-2023
10:24:27 am

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688480966-1688480666094.jpeg



Katie Lane Last night we had Tomato pie for dinner (topped with cheese).
Â The crust recipe was a crumbly disappointment. Â But it tasted good.

07-04-2023
10:25:14 am



Katie S It was a delicious cake. And your pie Â looks scrumptious

07-04-2023
10:25:34 am



Katie Lane We worm compost (vermicompost) non-meat, non-dairy food scraps. Â I was fertilizing an area in the front yard this spring and used the worm compost. A bunch of tomatoes grew up (seeds had been in the worm compost) and we just let them be. Â So in addition to the garden tomatoes weâ€™™re getting a bunch of nice freebie tomatoes from theâ€™ volunteers.â€™ Â At least one is a yellow cherry tomato plant. Â Several other cherry and grape tomato plants and a couple of â€™regularâ€™ tomato plants too.

07-04-2023
10:29:54 am



Katie Lane <https://rumbledtalk-images->

07-04-2023
10:30:07 am

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688481304-1688481004571.jpeg



Katie Lane <https://rumbledtalk-images->

07-04-2023
10:30:21 am

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688481304-1688481017708.jpeg



Katie Lane <https://rumbledtalk-images->

07-04-2023
10:30:33 am

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688481304-1688481031847.jpeg



Katie Lane They look healthier than our garden tomatoes and are prolific.

07-04-2023
10:30:57 am



Katie Lane They are unusual â€™landscapeâ€™ plants, but there was plenty of room for them.

07-04-2023
10:32:09 am



Katie S Love it. Iâ€™™ve had volunteers in the past that have done as well as the cultivated plants. Not this year, though. Our weather this year has been weird. Longer cold and rainy season and only something like 3 days of sun since, I dunno, May

07-04-2023
10:32:12 am









Katie S Fog fog fog

07-04-2023
10:32:38 am



Katie Lane I have to put the garden tomatoes in the same spot every year.
Â Pretty sure theyâ€™ve got some sort of fungus (verticillium wilt?) but itâ€™s
the only spot back there that gets enough sun, so itâ€™s impossible to get the fungus treated
year to year.

07-04-2023
10:34:12 am



Katie Lane No problem with it in the front. Â Which is why those look so
healthy.

07-04-2023
10:34:58 am



Charlie in Tenn Good morning. My body has adjusted to mountain time so I
am just getting up. Seems I missed nothing in the TDF but a good race for the
Giro women.

07-04-2023
10:35:06 am



Charlie in Tenn I have had tomatoes in my front garden several times but
not this year. The front garden looked good when we left on the 12th but how it
looks now is a question.

07-04-2023
10:37:02 am



BusterSci We do a regular rotation--container soil goes to raised bed
garden, garden soil goes to various native beds around the yard. Â The
sunniest spot in our yard is along the driveway and thus we get a lot of what we call driveway
tomatoes and driveway chives.

07-04-2023
10:39:24 am



Tim in KY Didi.

07-04-2023
10:40:36 am



Charlie in Tenn We canceled our Washington State part of the vacation and
stayed in Utah. We have a 3 yr old nephew that was born with only half a
heart. He is in the hospital now waiting on a heart transplant. He had some trouble about a
week ago so we decided to stay around. He is doing much better though he will be in the
hospital until a heart becomes available. He is such a funny and good little guy.

07-04-2023
10:41:35 am



Katie Lane Charlie â€™ hypoplastic left heart?

07-04-2023
10:46:00 am



Katie Lane Glad heâ€™s doing better.

07-04-2023
10:46:19 am



BusterSci Condom?

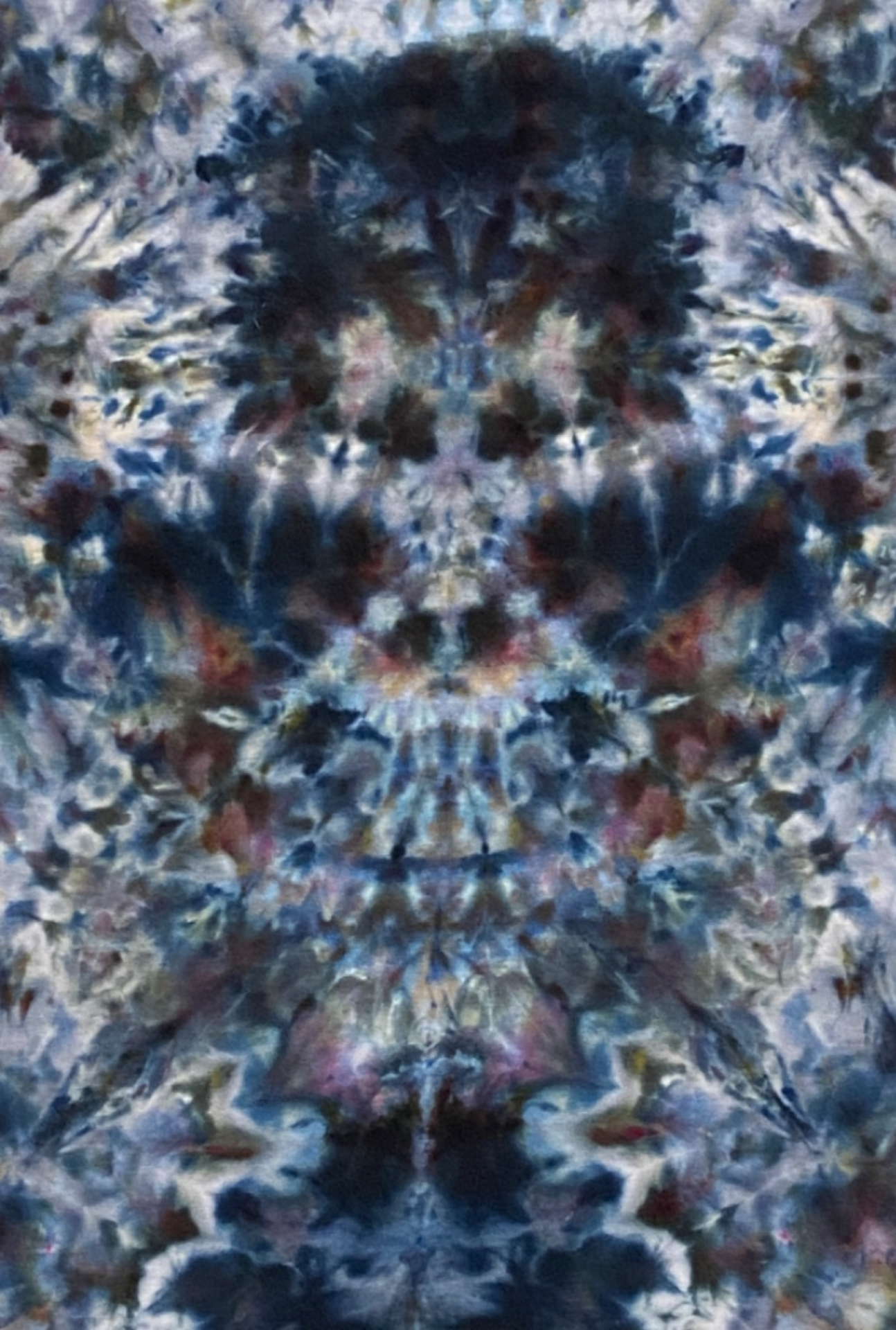
07-04-2023
10:46:21 am



Katie S good call, Charlie.

07-04-2023
10:46:22 am







Katie Lane Since it's boring: A fun wash-outs from yesterday.

07-04-2023
10:47:17 am



Katie Lane <https://rumbletalk-images->

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688482344-1688482044424.jpeg

07-04-2023
10:47:27 am



BusterSci Sorry, if you weren't watching the screen caption just named the town or church or whatever site and underneath it said "Condom"

07-04-2023
10:47:28 am



Trish in MA Happy 4th everybody. I ran a 5k this morning. Did ok. Now to get ready for our annual 4th of July bbq

07-04-2023
10:47:41 am



Katie Lane "Glitch"

07-04-2023
10:47:45 am



Katie Lane <https://rumbletalk-images->

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688482344-1688482085922.jpeg

07-04-2023
10:48:08 am



Katie Lane This dude showed up!

07-04-2023
10:48:27 am



Katie Lane <https://rumbletalk-images->

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688482344-1688482128983.jpeg

07-04-2023
10:48:52 am



Katie Lane <https://rumbletalk-images->

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688482344-1688482148055.jpeg

07-04-2023
10:49:10 am



Katie Lane Experimenting with different color combos

07-04-2023
10:49:24 am



Katie Lane <https://rumbletalk-images->

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688482344-1688482192602.jpeg

07-04-2023
10:49:54 am



Katie Lane Another "glitch"

07-04-2023
10:50:10 am













Katie Lane <https://rumbledtalk-images->

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688482344-1688482249148.jpeg

07-04-2023
10:50:51 am



Katie Lane A 4X tent

07-04-2023
10:50:59 am



BusterSci In the last 10 minutes we went from a sunny summer morning to about early dusk as the first wave of the front moves through. A Hottest day of the year yesterday (hi 90s) heading to 70 tomorrow.

07-04-2023
10:51:15 am



Charlie in Tenn I like the first and 4th ones. The middle ones are interesting.

07-04-2023
10:51:28 am



BusterSci Katie, if only Jerry Garcia were still around to buy it off you.

07-04-2023
10:51:45 am



Katie Lane The black/gray one was done with all of my gray colors and a couple of my black colors. A Anything else (blues, pinks, golds) a split out of the grays/blacks during the ice dyeing process.

07-04-2023
10:53:06 am



Katie Lane Charlie, the a glitch is a shirt that's folded into horizontal folds, then that is folded into vertical folds, then that is folded into diagonal folds (which is difficult because at that time it's thick and all the previous finds are trying to unfold on you). A Then you sinew-tie at intervals and dye it. A It results in a geometric array of squares and diamonds if you do it right.

07-04-2023
10:56:27 am



Katie S There's a tie-dyer in my commute go puts up signs for selling hee/his wares, and I'm always tempted to go check it out and show pics of your amazing creations.

07-04-2023
10:57:45 am



BusterSci It's like chromatography. A I spent a summer as a kid putting Kleenex and paper towels in different ink mixtures to see how they separated out. A Then I realized I could color potato plants the same way. A I was a geek. A or maybe "am" is more correct.

07-04-2023
10:57:58 am



Charlie in Tenn The kids and I did some color separations on paper during my year as a home schooler. Good visual experiments.

07-04-2023
10:59:53 am



Tim in KY Another bull ring.

07-04-2023
11:01:07 am



Charlie in Tenn I saw a fb video of a guy doing black and gray tie dye. He only did half of the shirt in a vertical pattern. It looked like a high fashion t-shirt. It was nicely done.

07-04-2023
11:02:29 am



Charlie in Tenn I also told 2 people this month to check out your etsy site

07-04-2023
11:03:45 am



Charlie in Tenn Are we still in Spain?

07-04-2023
11:04:19 am



Tim in KY No, Charlie, but there's lots of bull fighting in southwest France.

07-04-2023
11:05:05 am



Charlie in Tenn Well, it is good that I knew we were in France because I really have not spent any time watching the race.

07-04-2023
11:06:52 am



Katie Lane Gravity dyes are studies in chromatography or partitioning. This shirt had only purples and pinks. All the blues in the lower gravity part separated out of the purple with different flow rates.

07-04-2023
11:07:28 am



Katie Lane <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688483559-1688483259574.jpeg>

07-04-2023
11:07:41 am



Katie Lane Another fun experiment for the kids is to take a light-colored flower, split the stem vertically 4 ways and put each stem part in a glass water with a different color of food coloring. You end up with a tie dye flower.

07-04-2023
11:11:00 am



Katie S Wow

07-04-2023
11:11:03 am



Katie Lane Then you can teach them about xylem and floem and such.

07-04-2023
11:11:47 am



Katie S That was for the shirt, but I'm going to do the experiment with my 9 year old niece

07-04-2023
11:12:06 am



Katie Lane Phloem, dang it

07-04-2023
11:12:35 am



Katie S We are finally sub-1KU

07-04-2023
11:12:45 am



Katie Lane (Autocorrect Tried to change it to "œphlegm" the first time) 07-04-2023
11:13:07 am



Katie S Ewwwww 07-04-2023
11:13:50 am



Katie Lane Katie: " my niece had been editing for these educational science things for kids. " Her your niece watch this before doing your experiment: 07-04-2023
11:18:34 am



Katie Lane <https://m.youtube.com/watch?v=pqosCR6J2qo&feature=youtu.be> 07-04-2023
11:18:40 am



Katie S Duo caught 07-04-2023
11:22:13 am



Tim in KY Long ago, Katie. 07-04-2023
11:22:50 am



Katie Lane The Crash Course series were developed by Hank Green (brother of John Green, author best known for "œThe Fault in Our Stars.â€). " There are a bunch of short, free educational videos for kids. " Crowdfunded to keep them free and accessible. 07-04-2023
11:24:37 am



Charlie in Tenn I will check those videos out as well. 07-04-2023
11:25:16 am



Katie S Great! Thank you for sharing the link 07-04-2023
11:25:17 am



Charlie in Tenn It is pouring down rain here in Dutch John Utah. It rained yesterday afternoon and off and on through the night. Looks like my FIL will not have to water the lawn again this week. He has only done it once this summer which it unique in his memory. 07-04-2023
11:28:05 am



Katie Lane They"re on YouTube. " OBS has used them too I think. " Never heard of it before my niece started editing them, but I checked them out and they"ve got good info and production quality and are fun and engaging enough to hold kids" interest. " The current one is "œCrash Course Botany" but there are others. " The link isn't the first one "i, n the botany series, but it was the one "œstarring" my " niece as the gloved hands. 07-04-2023
11:29:05 am



Katie S Love the pride, Auntie. 07-04-2023
11:29:55 am



Katie Lane So glad she found a job to use her college skills (English/writing) that she loves and is fun and exciting with wonderful happy and energetic folks to work with. Æ During the COVID pandemic she was editing puzzle books.

07-04-2023
11:32:41 am



Tim in KY We are three minutes past the latest imaginable finish time.

07-04-2023
11:37:44 am



Katie Lane The fun is about to begin! Æ 5 ish miles to go

07-04-2023
11:38:34 am



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688485538-stage-4-route-finale.jpg>

07-04-2023
11:40:39 am



Katie Lane Everyone's suddenly zoomy

07-04-2023
11:40:40 am



Katie Lane Quinn Simmons rocking the Stars and Stripes jersey on the front

07-04-2023
11:41:07 am



Katie S Yeowza

07-04-2023
11:48:22 am



Katie Lane 3 k to go

07-04-2023
11:48:24 am



Katie Lane Through the parking lot and onto the track

07-04-2023
11:48:25 am



Katie Lane Crash

07-04-2023
11:48:27 am



Katie Lane Jakobsen down

07-04-2023
11:48:28 am



Katie Lane And a Lotto too

07-04-2023
11:48:30 am



Katie Lane 1 k to go. Æ Crazy fast with a split.

07-04-2023
11:48:32 am



Katie Lane No sprinters in the front group

07-04-2023
11:48:38 am





Katie Lane Another crash

07-04-2023
11:48:39 am



Katie Lane Another crash

07-04-2023
11:48:41 am



Katie Lane Ewen? Â And Philipsen?

07-04-2023
11:48:42 am



Tim in KY Slippery pavement.

07-04-2023
11:49:01 am



Katie S Motor oil and tire dust?

07-04-2023
11:49:21 am



Charlie in Tenn Phillipsen

07-04-2023
11:50:47 am



Katie S Well, thatâ€™s a race. Happy Independence Day, everyone

07-04-2023
11:51:12 am



Katie Lane Philipsen, Ewen, Bauhaus.

07-04-2023
11:51:29 am



Katie Lane 1 2 3

07-04-2023
11:51:45 am



Katie Lane Same top 3 as yesterday, with 2nd and 3rd swapped

07-04-2023
11:52:59 am



Charlie in Tenn It was an odd final. Happy 4th everyone. See ya tomorrow.

07-04-2023
11:53:56 am



Katie Lane There will be a few really sore guys tomorrow. Â Some very hard crashes

07-04-2023
11:53:59 am



Katie Lane Adieu!

07-04-2023
11:54:15 am