



**Tim in KY** VaE Stage 19 is a short 138 kilometers that starts and finishes in Talavera de la Reina, just west of Toledo. The route consists of two laps around a triangular circuit.

09-08-2022  
02:31:54 pm



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1662662221-VaE%2019%20Map.jpg>

09-08-2022  
02:32:03 pm



**Tim in KY** Of each lap's 63 kilometers, 53 km are taken up climbing and descending the Cat 2 Puerto de Piñolago. It is 9.3 km long at an average of 5.6%.

09-08-2022  
02:32:28 pm



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1662662255-VaE%2019%20Profile.jpg>

09-08-2022  
02:32:37 pm



**Tim in KY** Rodriguez Is going to start today. The way he looked yesterday I was expecting DNS.

09-09-2022  
08:08:03 am



**Tim in KY** No DNS at all today.

09-09-2022  
08:09:25 am



**Tim in KY** 16 Riders already off the front.

09-09-2022  
08:15:23 am



**Tim in KY** First climb officially starts 21 km in but climbing actually starts at 11 km.

09-09-2022  
08:17:44 am



**Tim in KY** And caught.

09-09-2022  
08:18:45 am



**Tim in KY** Now three riders have 0:25.

09-09-2022  
08:20:51 am



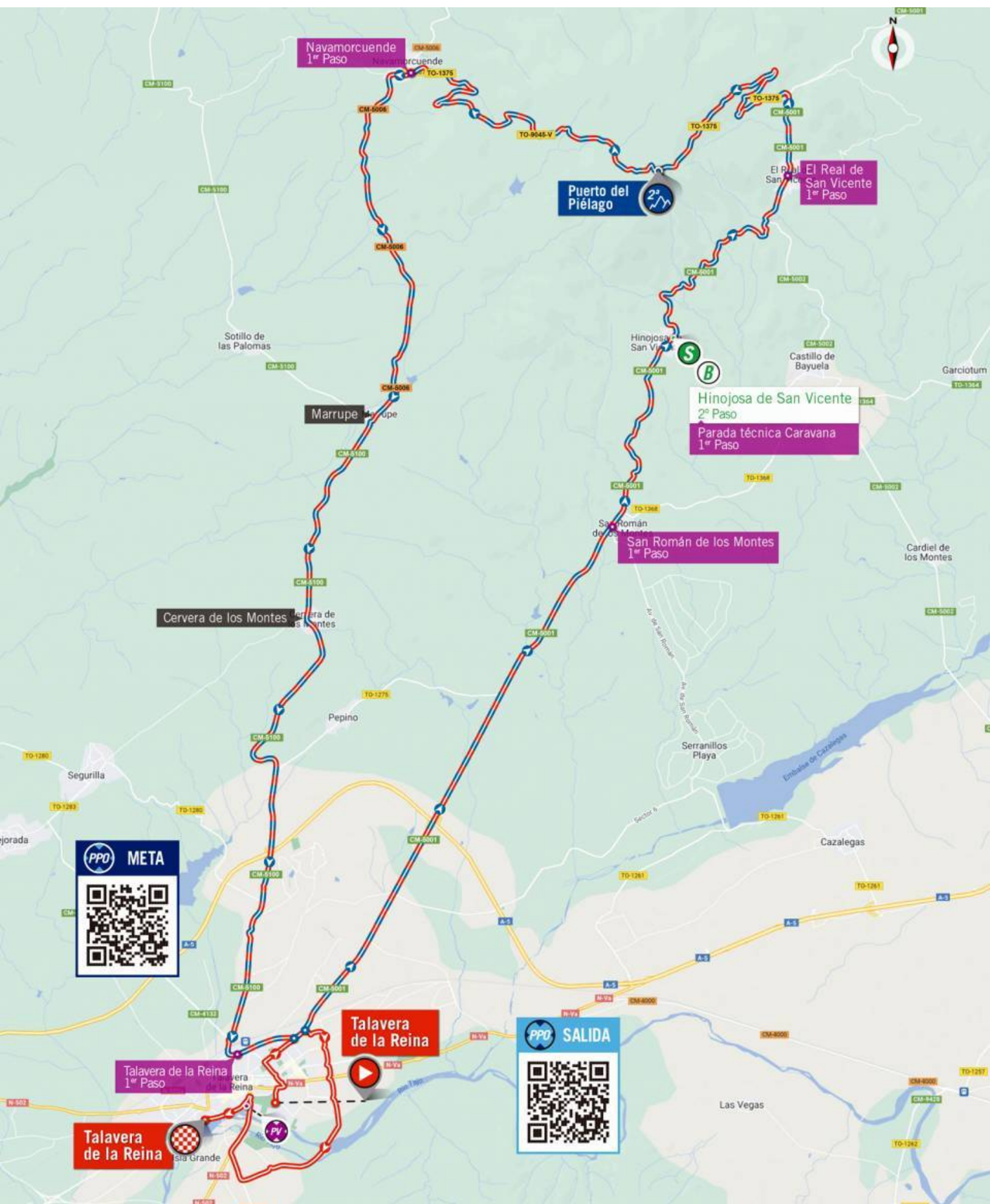
**Tim in KY** 1:36 now.

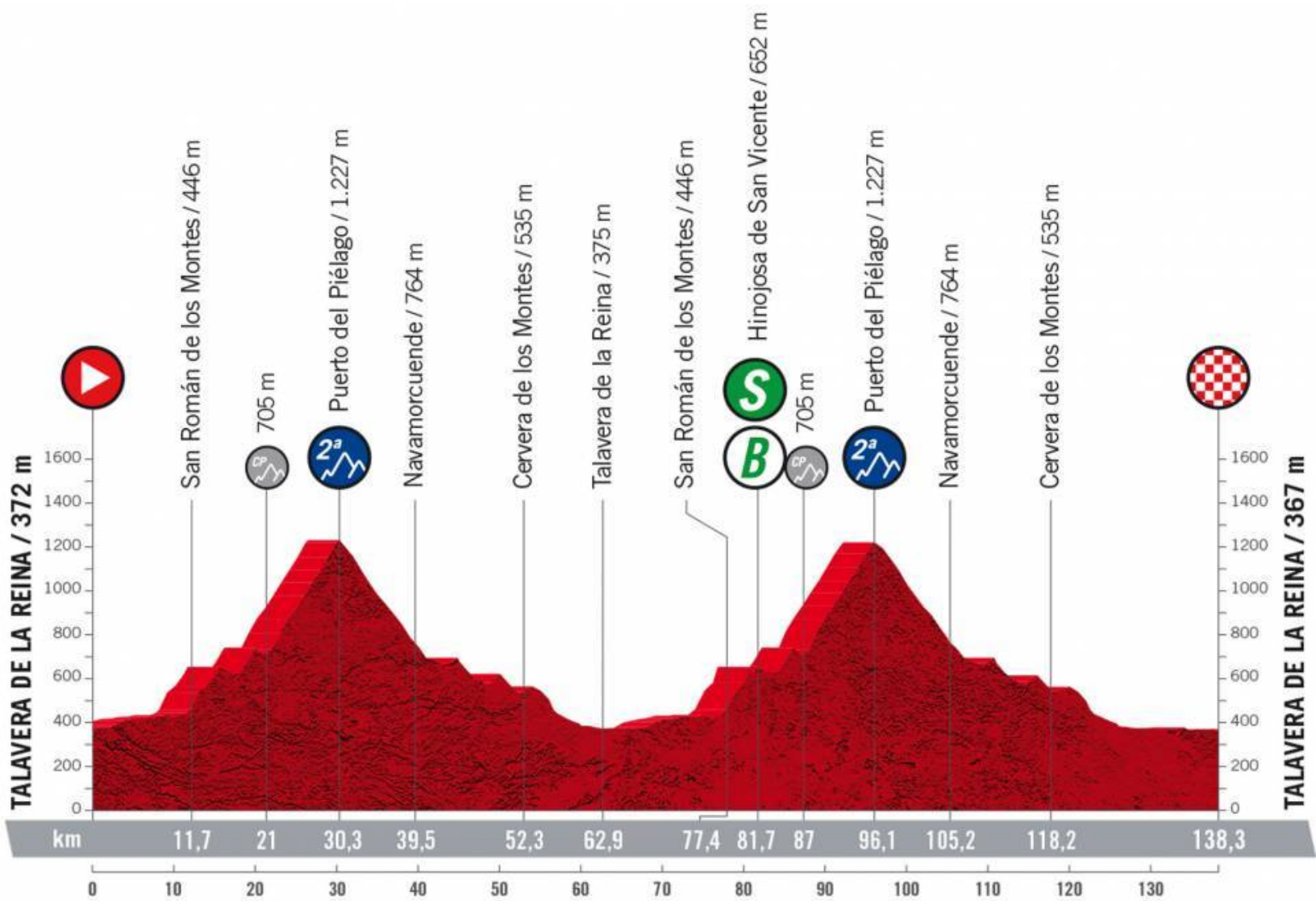
09-09-2022  
08:27:04 am



**Tim in KY** Apparently break isn't settled yet.

09-09-2022  
08:30:16 am







**Tim in KY** The peloton has split as the road goes up.

09-09-2022  
08:32:57 am



**Tim in KY** Brandon McNulty (UAE Team Emirates), Jonathan Caicedo (EF Education-EasyPost) and Ander Okamika (Burgos-BH) have 1:46.

09-09-2022  
08:34:16 am



**Tim in KY** Craddock trying to bridge.

09-09-2022  
08:35:18 am



**Tim in KY** Morning, Katie.

09-09-2022  
08:36:48 am



**Tim in KY** Lawson not having much success.

09-09-2022  
08:37:07 am



**Katie S** Good morning. Rodriguez starting is a surprise, but perhaps he's thinking he's just too close to the podium not to try.

09-09-2022  
08:37:29 am



**Charlie in Tenn** Good morning

09-09-2022  
08:38:39 am



**Katie S** Happy Friday

09-09-2022  
08:39:03 am



**Charlie in Tenn** You too.

09-09-2022  
08:39:34 am



**Tim in KY** Gap is 3:15 now.

09-09-2022  
08:40:06 am



**Tim in KY** Caicedo is best placed at 2:40:45. I wonder if any team will bother to mind the gap.

09-09-2022  
08:41:41 am



**Charlie in Tenn** 48 KOM points still available to for one rider. 5, 3, 1 today on both ascents. Crapass happy to let those guys go. He probably still needs to get in the break tomorrow and pick up points along the way to insure he keeps the polka dots.

09-09-2022  
08:44:18 am



**Tim in KY** Three Cat 1s and two Cat 2s tomorrow.

09-09-2022  
08:46:26 am



**Tim in KY** Gap seems to stabilize at 4:30 or so. Lawson not doing well still over a minute back.

09-09-2022  
08:48:06 am





**Tim in KY** Pace is currently slower than the slowest...

09-09-2022  
08:49:15 am



**Tim in KY** Trek is minding the gap. Do they really think Mads can do this?

09-09-2022  
08:50:52 am



**Tim in KY** And why bother?

09-09-2022  
08:51:02 am



**Tim in KY** Quebec starts at 10:30 EDT on GCN+.

09-09-2022  
08:52:40 am



**Tim in KY** Errand to run.Â Back in a bit.

09-09-2022  
08:53:44 am



**Katie S** Streaming has started

09-09-2022  
09:03:16 am



**BikerAbe** Lawson pursuing break 30" back

09-09-2022  
09:07:52 am



**BikerAbe** 40"

09-09-2022  
09:08:04 am



**BikerAbe** peloton strung out

09-09-2022  
09:09:38 am



**BikerAbe** McNulty in break

09-09-2022  
09:10:25 am



**RCG** Good morning all! Â Quick check-in before a dr appointment today.  
Â Weird stage.

09-09-2022  
09:12:44 am



**Mikey** Morning rcg and all

09-09-2022  
09:13:14 am



**RCG** Hi Mike! Â Howâ€™s your post-op progress going?

09-09-2022  
09:13:43 am



**Mikey** stumbled on to the song of Bernadette early this morning and  
couldnâ€™t help but say hello to mons

09-09-2022  
09:14:57 am



**Katie S** He's always with us, isn't he?

09-09-2022  
09:16:04 am



**Mikey** it will be three weeks Monday and I am walking with a cane and riding the spinner

09-09-2022  
09:16:06 am



**RCG** Pretty good progress!

09-09-2022  
09:20:26 am



**Charlie in Tenn** Mikey that sounds awesome. Love the Song of Bernadette.

09-09-2022  
09:21:14 am



**Katie S** <https://www.youtube.com/watch?v=-tvvQQmi7HY>

09-09-2022  
09:22:23 am



**Katie S** This walkin' cane and Spinners?

09-09-2022  
09:22:23 am



**RCG** Iâ€™m having repeat nerve conduction studies today. Â Unfun. Â Sort of like having acupuncture done by a sadist.

09-09-2022  
09:22:51 am



**Tim in KY** Lawson not getting it done.

09-09-2022  
09:23:08 am



**Tim in KY** I don't understad why Mads needs more points.

09-09-2022  
09:24:26 am



**Katie S** I asked him to win, that's why.

09-09-2022  
09:27:28 am



**Katie S** Cuz Lawson's not gittin' 'er done, and who knows if Carthy can pull this off today. You see, it's all about MY TEAM. (ahem)

09-09-2022  
09:28:04 am



**RCG** Same reason Evenepoel needs to win stages at this point. Â Because itâ€™s there.

09-09-2022  
09:31:03 am



**BikerAbe** gap under 2:30

09-09-2022  
09:33:02 am



**Katie S** I have to hand it to Craddock in this year's Vuelta, and it's not just because he's on my VG team or that he's an American.

09-09-2022  
09:33:05 am



**Katie S** here comes the whoooooosh of the peloton

09-09-2022  
09:37:33 am



**Tim in KY** Lawson finally sits up.

09-09-2022  
09:37:42 am



**Tim in KY** PCS has a graphic showing there have been more abandons than any Vuelta since 2009.

09-09-2022  
09:51:00 am



**Katie S** The trees in the landscape here remind me of those little brush-type trees you use in model train set-ups. (Ok, it was my brother's, not mine, but I loved playing with it)

09-09-2022  
09:51:10 am



**Tim in KY** I wonder what they grow.

09-09-2022  
09:51:50 am



**Katie S** I'd like to see that broken down by cause: illness (then by type of illness), injury, doping. It'd be interesting to see how that mix has changed.

09-09-2022  
09:52:05 am



**Charlie in Tenn** I think Mads just wants the stage wins at this point. He is a sprinter and that is what they do.

09-09-2022  
09:53:05 am



**Mikey** itâ€™s not like they get paid or anything

09-09-2022  
09:53:52 am



**Trish in MA** Good morning, all. Â Looking forward to actually following a stage today because it's Friday and no one has scheduled a single meeting!

09-09-2022  
09:54:23 am



**Katie S** Yay!

09-09-2022  
09:54:50 am



**Katie S** Gap now at 1:33. It's comin' down.

09-09-2022  
09:55:28 am



**RCG** Katie â€™ COVID by far this Vuelta.

09-09-2022  
09:56:23 am



**Charlie in Tenn** Glad that you can be here Trish. Wish there was something to see, bike wise.

09-09-2022  
09:57:33 am



**RCG** Next probably equal numbers of other non-COVID illnesses and injuries, followed by a couple of âœƒfatigueâœƒ abandons.

09-09-2022  
09:57:43 am



**Trish in MA** I think my presence calms everything down. Â I've missed every exciting stage, crashes, etc. except for JuJu

09-09-2022  
09:58:41 am



**Trish in MA** Juju's crash.

09-09-2022  
09:58:55 am



**Katie S** Doping doesn't even seem to rear its ugly head. I was surprised to hear (don't know where I was) that Nairo was DQ'd for tramadol - and that's not even a PED. It's banned only because it can make you dizzy/sleepy in the peloton and be a danger to others.

09-09-2022  
09:59:10 am



**Katie S** at least, that'sÂ how I understand it.

09-09-2022  
09:59:17 am



**RCG** I could come up with the miners for this Vuelta pretty quickly, but I'm away from my spreadsheet. Â I'm part of a crazy group that has its own grand tour games, different rules than Velogames, and I keep track of stuff like that.

09-09-2022  
09:59:39 am



**RCG** Numbers, not miners. Â High ho, high ho.

09-09-2022  
10:00:05 am



**John** What are your different rules?

09-09-2022  
10:00:42 am



**Charlie in Tenn** Thanks for clarifying miners. I was confused.

09-09-2022  
10:00:45 am



**Tim in KY** Sprint in 3 km.

09-09-2022  
10:01:09 am



**John** Why is there a dude in Native American dress on the side of the road?

09-09-2022  
10:04:54 am



**RCG** Drugs have mostly been allegations. Â Bahrain and I think LL Sanchez.

09-09-2022  
10:04:58 am



**Katie S** um...

09-09-2022  
10:05:06 am



**Katie S** attention?

09-09-2022  
10:05:09 am





**Charlie in Tenn** Maybe he is a descendant of one of the Native Americans that toured with Buffalo Bill?

09-09-2022  
10:06:25 am



**Trish in MA** According to CVV, the guy in Native Dress is a big Valverde supporter and has been doing this for over 20 years. Â No one knows why he chose that style of dress. Â OTOH, why did Didi choose the devil?

09-09-2022  
10:07:38 am



**Tim in KY** Cat 2 starts at 51 to go.

09-09-2022  
10:08:52 am



**RCG** John- too complicated to go into. Â 8 riders plus one team chosen, no â€œsalary cap.â€ Â Points for daily finishes (15 deep) and jerseys including white jersey, more the first day youâ€™re in one then â€œretentionâ€ points (no pts for 2nd/3rd etc in the jerseys, no breakaway or helped points) most combative gets points. Â Team for TTT and overall team at the end. Extra points for end of tour jerseys (3 deep on GC, something for 1st in other jerseys). Plus we have a time competition and an overall competition (points plus time)

09-09-2022  
10:09:19 am



**John** That must be some serious spreadsheet

09-09-2022  
10:11:01 am



**Rob** I think I am the only one who doesnâ€™t do any sort of fantasy team thing.

09-09-2022  
10:14:35 am



**Katie S** Maybe. I signed up this year, and I think I was one of the stragglers. C'mon in, Rob. The water's fine!

09-09-2022  
10:17:38 am



**BikerAbe** only did VG for La Tour Femmes

09-09-2022  
10:18:06 am



**Katie S** avec Zwift

09-09-2022  
10:18:18 am



**Tim in KY** Gap under a minute. On the climb.

09-09-2022  
10:18:35 am



**BikerAbe** 30"

09-09-2022  
10:18:57 am



**Katie S** Cute. Two little girls in one giant green T-shirt

09-09-2022  
10:20:32 am



**Rob** Honestly, my enthusiasm for cycling has waned over the last few years

09-09-2022  
10:20:41 am

and I donâ€™t know who half the riders are anymore.



**Katie S** Has racing become too predictable? No outsized personalities? Ugly kits? 09-09-2022 10:21:45 am



**Tim in KY** Break caught. 09-09-2022 10:21:51 am



**Mikey** I was in the same boat rob but the nuts have rekindled biking interest for me. I have learned so much in the last couple of years just playing 09-09-2022 10:23:17 am



**Mikey** err learning vg 09-09-2022 10:23:41 am



**Rob** I think team sky had a lot to do with it. Also being busy at work hasnâ€™t helped. 09-09-2022 10:24:10 am



**RCG** Ok, back from doc. It was told back in March this would be for repeat nerve conduction studies but it was a doc visitâ€™ but he wants to do the nerve studies in 1-2 weeks. Â But Iâ€™m off the hook for today, so Iâ€™ll go for a hike or something. 09-09-2022 10:27:06 am



**RCG** And maybe watch the end of the Vuelta stage :-)

09-09-2022 10:28:13 am



**Katie S** NRRBBB: Today is National Weinerschnitzel Day. I'm not sure if that means the breaded veal entree or the malaproply named hot dog chain. 09-09-2022 10:29:21 am



**RCG** John, the spreadsheet is crazy. Â Itâ€™s not bad if you keep up with things day by day. Â A bunch of Belgian friends of friends decided to join in; more entrants means more time to set up the formulas. But it isnâ€™t too bad. 09-09-2022 10:29:31 am



**RCG** Theyâ€™re French-speaking Belgians, so itâ€™s been interesting. 09-09-2022 10:30:09 am



**John** Sounds like fun and a lot of work 09-09-2022 10:35:26 am



**Katie S** nice to see CrapassÂ take the KOM points in the dots jersey. 09-09-2022 10:37:50 am



**Mikey** Iâ€™ve gotta fly. Enjoy your day 09-09-2022 10:39:11 am



**Katie S** you too, MIkey

09-09-2022  
10:40:34 am



**Tim in KY** Tomorrow there 40 points available for the first rider on each climb. 10x3 and 5x2. So theoretically Crapass can be caught but unlikely.

09-09-2022  
10:45:09 am



**RCG** One is an ex pro racer, ex Belgian champion. He joined our FB group but didn't pick a team.

09-09-2022  
10:45:10 am



**Tim in KY** 1 ku to go.

09-09-2022  
10:46:29 am



**BikerAbe** Wout van Aert biggest name at Quebec eace

09-09-2022  
10:51:06 am



**Tim in KY** I thought Pog was there, too.

09-09-2022  
10:52:02 am



**Tim in KY** Crapass on bottle duty.

09-09-2022  
10:53:49 am



**Charlie in Tenn** Pog is in Canada

09-09-2022  
10:57:45 am



**Charlie in Tenn** I think the Quebec start list is pretty strong. I agree that WvA is the favorite.

09-09-2022  
11:00:08 am



**Tim in KY** Mads all the way at the back of the peloton.

09-09-2022  
11:00:34 am



**BikerAbe** and SAGAN !

09-09-2022  
11:01:59 am



**Charlie in Tenn** Mads on bottle duty. Needs to add some excitment.

09-09-2022  
11:06:39 am



**Charlie in Tenn** Sagan is still riding? I remember when he was good.

09-09-2022  
11:07:06 am



**Alaska Dave** I did a nerve study a few years ago. The doctor commented I had thick skin and it was difficult to strike my nerve. I told him that's how I taught middle school for 25 years.

09-09-2022  
11:07:58 am



**Charlie in Tenn** Dave, nice one.

09-09-2022  
11:08:49 am



**Charlie in Tenn** The GCN guys are trying to come up with a plan to beat Mads today. They pretty much have nothing.

09-09-2022  
11:09:58 am



**Katie S** nice one, Dave.

09-09-2022  
11:11:17 am



**RCG** Good one, Dave. "Clinically things have improved. "At least there's more sensation" nearly normal on the inside of my leg, reduced but there on the outside of my leg. "Foot sensation also starting to come back" at least I can feel where my foot is in space now, and it doesn't go sliding off the bike pedal any more. "I've staved off significant muscle atrophy but I'd sure be happy if the muscle side of things (lower leg/ankle/foot) leg motives."

09-09-2022  
11:13:31 am



**RCG** improves

09-09-2022  
11:13:59 am



**Tim in KY** 10 km banner.

09-09-2022  
11:15:08 am



**RCG** Hiking has been a lot more beneficial than cycling. "Biking is mostly quads. "I need things that really work my lower legs, and ankles (walking on uneven ground)."

09-09-2022  
11:15:46 am



**Charlie in Tenn** They have picked Vermeersch, Teunissen, and Elissonde as dark horses.

09-09-2022  
11:15:54 am



**RCG** Yikes. "Roundabouts and road furniture."

09-09-2022  
11:17:06 am



**Alaska Dave** The older I get the more I need to focus on all muscle groups. "If I don't, the physical therapist makes me."

09-09-2022  
11:18:15 am



**Katie S** I imagine your PT involves those balance disks/boards to strengthen your ankle/foot

09-09-2022  
11:18:26 am



**RCG** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1662737199-1662736899114.jpeg>

09-09-2022  
11:21:41 am









**Toulouse** I would fall off all of those.

09-09-2022  
11:22:07 am



**Katie S** a-yup

09-09-2022  
11:22:07 am



**RCG** Yup. Â I do most of it at home. Â The equipmentâ€™s much cheaper than PT visits.

09-09-2022  
11:22:17 am



**RCG** Home. Â (And hope too, that things will eventually be better.)

09-09-2022  
11:22:47 am



**RCG** I have lotsa weights and bands too.

09-09-2022  
11:23:01 am



**RCG** I need a better wobble board. Â But honestly, the hikingâ€™s cheaper :-)

09-09-2022  
11:23:35 am



**Katie S** and more fun/prettier

09-09-2022  
11:23:44 am



**RCG** Absolutely.

09-09-2022  
11:24:01 am



**Katie S** it was telling just now to see the dude on the sidewalk trying to keep up w/ the peloton. He looked like a good rider himself, but mere mortals are no match for the charging peloton.

09-09-2022  
11:24:29 am



**RCG** Mid 70s here so Iâ€™m thinking of a 7 miler today.

09-09-2022  
11:24:33 am



**Alaska Dave** Iâ€™d rather cycle with my PT ( former student) than be as patient. So I do balance stretches.

09-09-2022  
11:24:38 am



**Tim in KY** 3 km banner.

09-09-2022  
11:24:38 am



**RCG** Only doing formal PT once/month. Â And thatâ€™s mostly to stretch out things I canâ€™t do well myself, assess atrophy, and stuff like that.

09-09-2022  
11:25:37 am



**RCG** Zoom zoom.

09-09-2022  
11:25:51 am



**Tim in KY** Ho-Hum.

09-09-2022  
11:27:48 am



**Katie S** zoom!

09-09-2022  
11:27:50 am



**RCG** Red kite!

09-09-2022  
11:27:50 am



**RCG** Pedersen, then Wright

09-09-2022  
11:27:55 am



**Katie S** done kite!

09-09-2022  
11:27:56 am



**Katie S** OK, does this make me a bad daughter? I ignored an incoming call from my mom with 800 meters to go

09-09-2022  
11:28:24 am



**RCG** Not as long as you call right back. Â Just tell her you were temporarily indisposed.

09-09-2022  
11:29:20 am



**Tim in KY** Hard day tomorrow.

09-09-2022  
11:30:36 am



**Alaska Dave** I believe thereâ€™s a three kilometer I mean three minute rule.

09-09-2022  
11:30:45 am



**Trish in MA** Wow. Â A bunch sprint without crashes, protests, busted lines of attack. Â Glad I saw it.

09-09-2022  
11:31:00 am



**Katie S** 3 cat 1s, 2 cat 2s?

09-09-2022  
11:31:16 am



**Trish in MA** Must go. Â See you all tomorrow. Â Have a great day everyone.

09-09-2022  
11:33:08 am



**Charlie in Tenn** I think one cat 3 and one cat 2

09-09-2022  
11:33:41 am



**Charlie in Tenn** tomorrow with three cat 1s

09-09-2022  
11:33:55 am



**RCG** Adios. Hasta maÑana.

09-09-2022  
11:34:26 am



**Katie S** me too. by all.

09-09-2022  
11:34:50 am



**Charlie in Tenn** There is still the Quebec race. I think my Friday chores are done so I will get some lunch and watch Quebec, if I can find a video.

09-09-2022  
11:38:04 am



**Charlie in Tenn** Quebec is on GNC+

09-09-2022  
11:38:55 am