



Tim in KY GdI Stage 7 is 244 kilometers from Formia, on the Mediterranean coast, east and north into the Apennines for a summit finish on the Blockhaus climb. It is the longest stage of this year's Giro.

05-14-2026
01:00:33 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1778778346-stage-7-route.jpg>

05-14-2026
01:00:47 pm



Tim in KY The stage is mostly lumpy but has only two categorized climbs, a Cat 2 that crests with 78 kilometers to go and the Cat 1 finale. The Cat 2 is 7km averaging 6.5%, the Cat 1 is 13.6km averaging 8.4%.

05-14-2026
01:02:00 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1778778434-stage-7-profile.jpg>

05-14-2026
01:02:15 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1778778458-stage-7-roccaraso.jpg>

05-14-2026
01:02:39 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1778778467-stage-7-blockhaus.jpg>

05-14-2026
01:02:48 pm



Tim in KY Kilometer zero is scheduled for 10:55 CEST. Finish is imagined either side of 17:15. Forecast is for another mix of sun and rain with temps in the upper teens on the flats, lower teens in the mountains.

05-14-2026
01:03:58 pm



Tim in KY This is the last preview I will be doing until I post stage 16 on the third rest day. Any one who is interested in doing the previews in my absence should let Jo know.

05-14-2026
01:13:50 pm



Rocket City Gal Tim -- Jo got ahold of me last night -- I'll be doing it until your return. Have a great trip!

05-15-2026
06:21:10 am

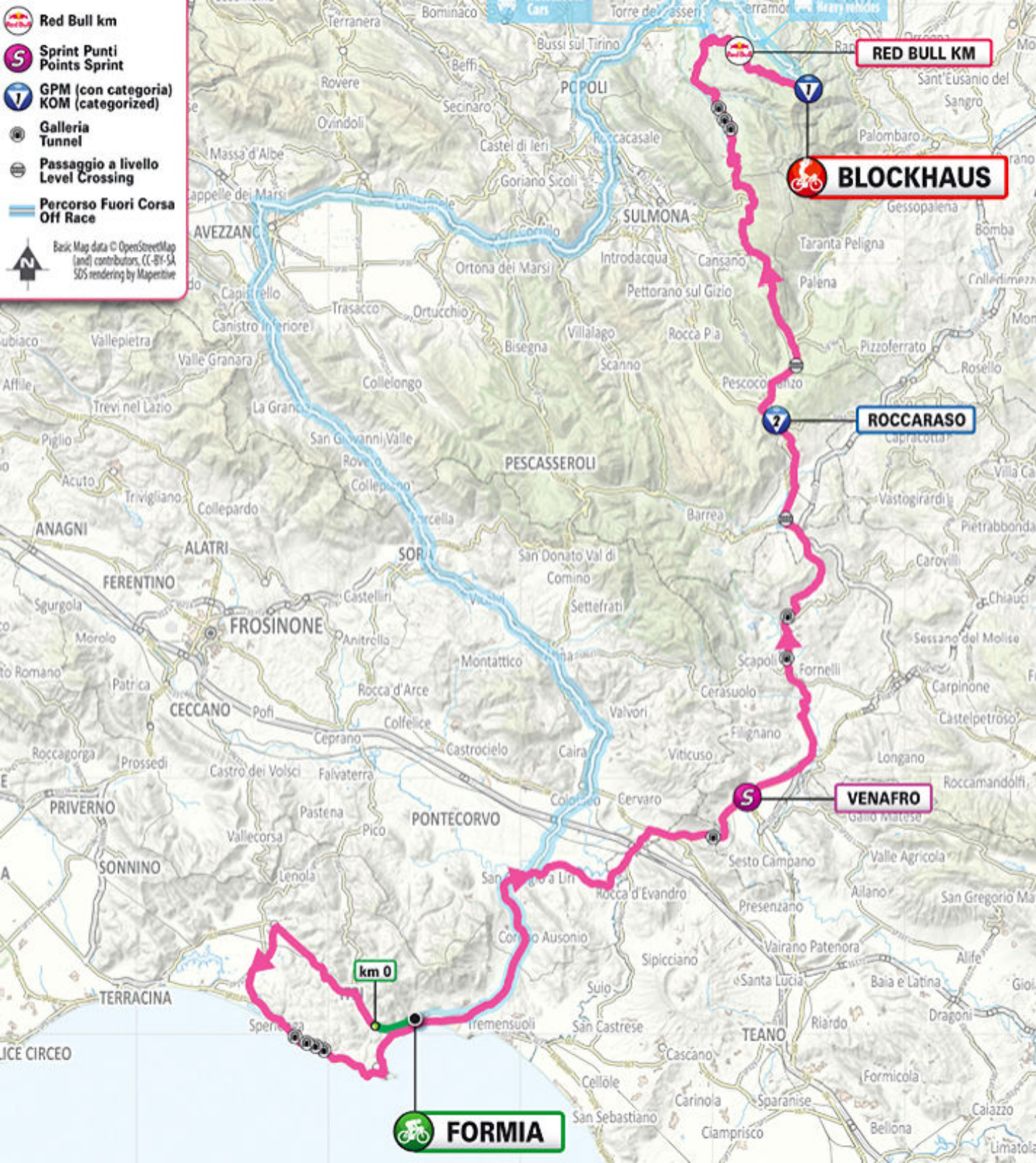


Rocket City Gal Does anyone else find that it's really weird that we have a huge stage with a massive climb and it's the longest stage by far, coming after a very short flat stage? Stage 6 was only 141 km long, and this Blockhousebuster is more than 100 km longer than yesterday.

05-15-2026
06:27:13 am

-  **Red Bull km**
-  **Sprint Punti**
Points Sprint
-  **GPM (con categoria)**
KOM (categorized)
-  **Galleria**
Tunnel
-  **Passaggio a livello**
Level Crossing
-  **Percorso Fuori Corsa**
Off Race

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SOS rendering by Mapestry



RED BULL KM

 **BLOCKHAUS**

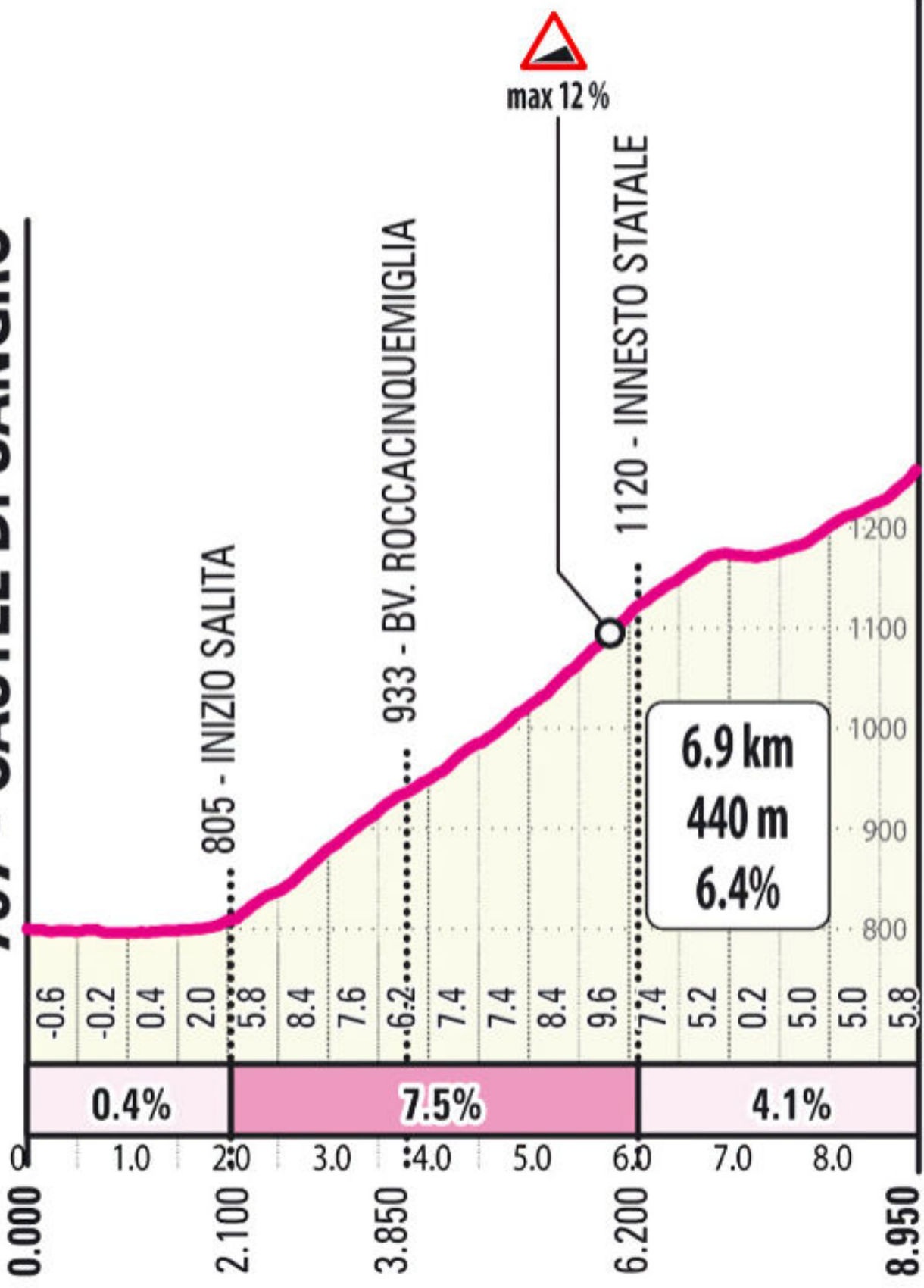
ROCCARASO

VENAFRO

km 0

 **FORMIA**

797 - CASTEL DI SANGRO

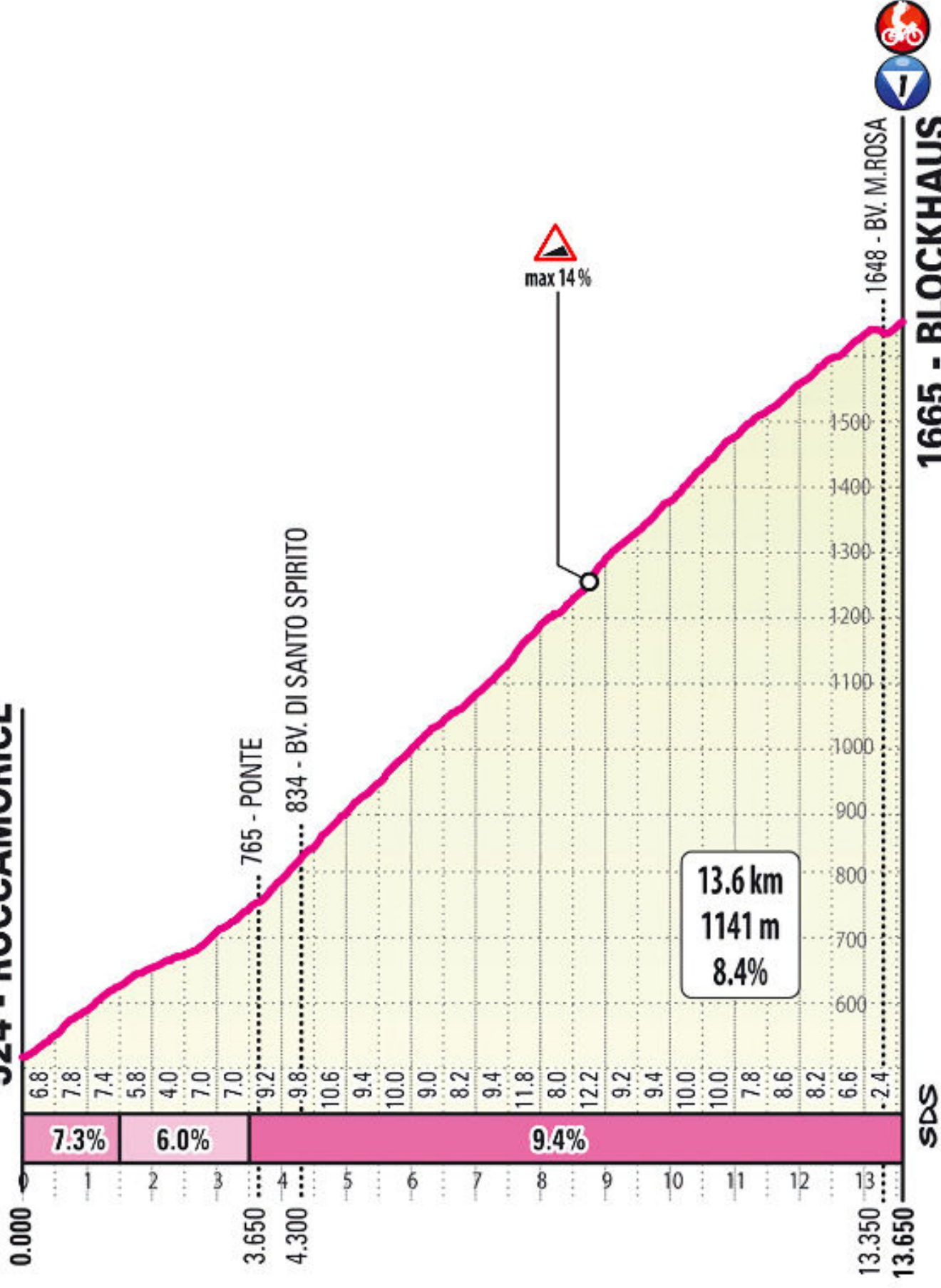


6.9 km
440 m
6.4%

max 12%

SDS

524 - ROCCAMORICE





Tim in KY Thanks, RCG.

05-15-2026
06:29:50 am



Tim in KY Five man break has 5:30. Except for Sevilla I'm not sure why they bothered.

05-15-2026
06:36:22 am



Rocket City Gal Another weird thing is the number of transfers. There was a short transfer after stage 2, the long transfer from Bulgaria after stage 3. . Also shorter transfers after every single stage from stage 4 through 17. It looks like there's not one after stage 17. Then there are transfers after staages 18through 20, with the longest being the flight down to Rome for the finale like usual.

05-15-2026
06:36:54 am



Rocket City Gal Why is Milan in the break? Weird.

05-15-2026
06:37:25 am



Tim in KY Maybe Milan wants some points at the sprint. He's down about 70.

05-15-2026
06:48:39 am



Bikerabe 100 miles to go

05-15-2026
06:49:44 am



Bikerabe 143 km finally healdng into the hills

05-15-2026
07:18:05 am



Rocket City Gal Work on our walking / ATV path continues. A couple of years ago we ended up getting land across the road to prevent it from being developed into rental cabins. We are hiring a friend who is our go-to guy for stuff like this -- he has lots of equipment including a Kuboto to do the hardscaping. He certainly has the skillset... and this is not easy terrain. We use our ATV as a sort of "mini-tractor" and need to clean up lots of deadfall, and the walking / riding path will help with getting to a lot of that as well as providing a nice place for nature walks.

05-15-2026
07:31:31 am



Rocket City Gal The hardest part has been figuring out the route. In areas the dense growth and deadfall make walking nearly impossible. There are very few old old old trees. It's amazing to think that 50 years ago most of this was clear and probably used for crops or grazing.

05-15-2026
07:36:14 am



Rocket City Gal Milan did inteed win the intermediate sprint, adding 12 points to his total. Magnier has a commanding lead with 130 points, Milan is 2nd at 76, and Ballerini is third at 58.

05-15-2026
07:42:24 am



Rocket City Gal The gap between the 5 breakaway riders and the peloton as things continue uphill is now 5:29

05-15-2026
07:43:53 am



Rocket City Gal PCS says this is a "hockeystick" stage -- a stage with more than half of the vertical meters in the final 15% of the route. I've never heard that term for a cycling stage before.

05-15-2026
07:45:23 am



Tim in KY I don't know why this climb wasn't categorized.

05-15-2026
08:33:21 am



Katie S Cuz it's the Giro. Good morning.

05-15-2026
08:54:35 am



Katie S Got a text from a friend traveling in Italy who said she got pick-pocketed in Florence a couple days ago. The thief got her wallet and passport by unzipping the very small backpack/purse she carries. She's an experienced traveler and runs an ecotourism business that focuses on Central Asia. If this can happen to her, well geez. Fortunately the US Consulate was able to replace her passport overnight.

05-15-2026
08:58:35 am



Katie S Other miscreants in Italy are arrested for lunging at the peloton yesterday:

05-15-2026
09:03:14 am



Katie S From Cyclingnews: Two 19-year-old men are facing charges after attempting to push riders of the Giro d'Italia off their bikes on Thursday.

05-15-2026
09:04:39 am



Tim in KY That sound unsettling and time consuming. I have a jacket and a vest with many internal zippered pockets for important stuff. How did you hear of actual arrests?

05-15-2026
09:04:53 am



Tim in KY Never mind. I'm sure they were drunk, too.

05-15-2026
09:05:39 am



Katie S Corriere della Sera reported that the pair were identified and charged by police for endangering public safety during sporting events.

05-15-2026
09:07:01 am



Tim in KY Our plane to Atlanta is in the air from Omaha and our plane to Paris is in the air from Nice.

05-15-2026
09:07:26 am



Katie S I tried to paste in the cyclingnews link, but failed

05-15-2026
09:07:30 am



Katie S Sounds like weather wise, your trip is timed to perfection... should be warming up

05-15-2026
09:09:16 am



Tim in KY The forecast for Paris is 65/55 but dry. I have CyclingNews on speed dial so I can look it up.

05-15-2026
09:12:17 am



Rocket City Gal I know someone who was carrying a purse in Florence.... Someone cut the purse without her feeling it and slid her wallet out. She was a fairly unsavvy tourist, but I still thought that was pretty crazy. Interior pockets and under-the-clothes body wallets for the win.

05-15-2026
09:12:20 am



Rocket City Gal Gotcha covered, Tim. Already have most of the stuff done for tomorrow's stage preview. The first part is pretty flat, then in the last 60 km are a cat 3 climb and three cat 4s.... With gradients of up to 18% and 22% on the last 2 climbs, including a 700 m segment averaging 14.3%. So, much harder than it looks on paper. There are also a couple of non-categorized bonus climbs.

05-15-2026
09:16:05 am



Rocket City Gal I hope y'all have a safe and wonderful trip!

05-15-2026
09:16:23 am



Tim in KY Thanks RCG.

05-15-2026
09:18:11 am



Tim in KY No DNF yesterday, no DNS today.

05-15-2026
09:18:30 am



Bikerabe less than 2 KU almost 6 min. gap to peloton

05-15-2026
09:19:29 am



Alaska Dave Good morning. Another cold rainy day on the bike.

05-15-2026
09:23:48 am



mmcally Good day. Hope everyone is well. Popping in to say hello. Hope you have a great trip Tim. Say hello to my kiddo if you bump into her. :) My wife just returned from France after visiting her. I took this trip off as I will be doing some World Cup things this summer. Choices we have to make...

05-15-2026
09:26:57 am



Katie S Good morning, Mike!

05-15-2026
09:33:02 am



Alaska Dave I received a bike touring email yesterday promoting places to see bald eagles. On my drive downtown 10 straight light poles had eagles drying their feathers on top.

05-15-2026
09:34:06 am



Katie S Wow

05-15-2026
09:34:24 am



SFinAus Howdy, all. Anyone else have the Commodores song "Brick House" come to mind on this BlockHaus stage? :)

05-15-2026
09:34:26 am



Katie S Now I do

05-15-2026
09:34:44 am



SFinAus You're welcome. :)

05-15-2026
09:35:01 am



Bikerabe wet 52 km to go gap at 5 min.

05-15-2026
09:38:02 am



Bikerabe doming dowb fast 48 km 3.5 min. gap

05-15-2026
09:46:14 am



Tim in KY Off to the airport.

05-15-2026
09:46:15 am



SFinAus The Flo commentator says it dark, raining, and blowing incredibly hard at the top. Oh and it's very cold too.

05-15-2026
09:49:27 am



PasadenaK8 Mornin', everyone 🙌, and bon voyage, Tim!

05-15-2026
09:55:05 am



Katie S Have a wonderful trip!

05-15-2026
09:55:25 am



Alaska Dave Safe travels Tim

05-15-2026
09:59:27 am



Alaska Dave Dry roads on descent. Brrrr

05-15-2026
10:00:47 am



PasadenaK8 1 KU tah go...

05-15-2026
10:04:07 am



SFinAus 1 K.... nevermind ;)

05-15-2026
10:05:10 am



Bikerabe 2 5 km 3 min. gap

05-15-2026
10:13:04 am



Bikerabe wrong 4 min. gap

05-15-2026
10:14:26 am



PasadenaK8 Awesome fortress

05-15-2026
10:17:01 am



SFinAus Unfortunately I'm going to miss the live edition of the finale today. There's an in person meeting at work to explain a 10% RIF. I'm not directly affected, but it was a surprise and I'd like to hear what will be said. Wishes for a good day to everyone.

05-15-2026
10:17:15 am



Trish in MA Good morning all from gray, rainy MA. It's very hard to start on the gardening stuff when everything is wet and cold. I shall go back to unpicking the bindoff on the sock I just made (bound off too tight and now I can't easily put it on my foot)

05-15-2026
10:17:59 am



PasadenaK8 Bye, SF ~ Hi Trish!

05-15-2026
10:18:58 am



Katie S Good luck, Sean. Not a fun meeting.

05-15-2026
10:19:35 am



Katie S Hi Trish!

05-15-2026
10:19:57 am



Alaska Dave Conditions at top of climb are brutal. No red kite banner, too windy.

05-15-2026
10:20:27 am



Mikey Good Morning and greetings

05-15-2026
10:21:26 am



Katie S Yipes. We had a gusty day here on Monday. One gust blew a plastic Adirondack chair across my deck.

05-15-2026
10:21:39 am



PasadenaK8 Hi, Mikey ~ Wind howling at the Giro. Wind howling at Katie's.

05-15-2026
10:23:23 am



Katie S Hi Mikey

05-15-2026
10:23:28 am



Bikerabe now Sevilla has no legs

05-15-2026
10:28:17 am



Katie S That was my kind of sprint

05-15-2026
10:32:05 am



PasadenaK8 tee-hee

05-15-2026
10:32:28 am



Katie S Is Denz still in the race? I think so.

05-15-2026
10:36:56 am



Alaska Dave Hence the term climbs like a sprinter.

05-15-2026
10:37:10 am



Mikey Finished reading through the thread. Wish I could have shared with RCG. I need an emotional support tractor for clearing my woods...

05-15-2026
10:41:22 am



Katie S There's the wind

05-15-2026
10:41:26 am



Toulouse All of you who don't want your rain should send it our way. No snow this winter and now no rain but lots of wind . . . we're on high fire alert, and the season hasn't (theoretically) started.

05-15-2026
10:41:36 am



Katie S Ha, Mikey! Emotional support tractor!

05-15-2026
10:41:55 am



Katie S Scary, Toulouse

05-15-2026
10:42:29 am



Trish in MA No, no. We like the rain. We're in drought conditions here in MA

05-15-2026
10:43:42 am



Toulouse It is scary. Our March temperatures were 25-30 degrees above normal, and our river probably peaked two months early.

05-15-2026
10:44:21 am



Alaska Dave We had 208 inches of snow this year. Take some please.

05-15-2026
10:44:45 am



Toulouse We might have had 13, most of it in November and then it melted in unseasonable heat.

05-15-2026
10:45:50 am



Alaska Dave No mas, no bernal otb

05-15-2026
10:46:18 am



Katie S Ugh

05-15-2026
10:47:52 am



Mikey Look at these yellow guys. Go Sepp

05-15-2026
10:48:19 am



Bikerabe 7 km catch coming

05-15-2026
10:49:03 am



Trish in MA I wish I could look. My husband turned down the 3-month free HBO Max promotion a day before I mentioned that I was thinking of getting it to watch the Giro.

05-15-2026
10:49:55 am



Mikey Gee West going south

05-15-2026
10:51:00 am



PasadenaK8 Trish, see if you have TruTV in your basic cable package. It has ads, but better than nuttin'

05-15-2026
10:51:25 am



Trish in MA will do. Thanks!

05-15-2026
10:51:59 am



Alaska Dave Pink jersey dropped

05-15-2026
10:52:29 am



Bikerabe P_i9nki otb !

05-15-2026
10:52:30 am



Katie S Pink pops

05-15-2026
10:52:37 am



Katie S Vingo goes!

05-15-2026
10:52:46 am



Katie S Two guys with him

05-15-2026
10:53:01 am



Katie S One guy with him desperately trying to hang on

05-15-2026
10:53:45 am



Alaska Dave Pellizari and vingo

05-15-2026
10:54:03 am



Alaska Dave Huge gap already

05-15-2026
10:54:26 am



Trish in MA K8, that worked. I do have TruTV. How nice to hear Sean Kelly! 05-15-2026 10:56:07 am



Katie S Pellizzari dropped 05-15-2026 10:56:15 am



Bikerabe Jonas solo 05-15-2026 10:56:42 am



Alaska Dave Pink lost a minute in a km 05-15-2026 10:56:51 am



Trish in MA No eejits - yet. 05-15-2026 10:57:41 am



Bikerabe Pellizzari pops 05-15-2026 10:58:34 am



Trish in MA Gall blow by Pellizzari 05-15-2026 10:58:40 am



PasadenaK8 Yeah! Good to hear, Trish. Tim told me their owned by TNT. Who, I will add, is owned by Warner Bros, who is owned by Paramount & Skydance... (sigh). 05-15-2026 10:59:28 am



Katie S Pretty mountain 05-15-2026 10:59:41 am



Alaska Dave Is that snow in the mountains I see? I'm glad it is them cycling. Not me. 05-15-2026 11:00:38 am



Trish in MA This is first time I've been able to watch the Blockhaus climb live. Very pretty. 05-15-2026 11:00:45 am



Tim in KY Better road than I expected. 05-15-2026 11:02:20 am



Mikey skinny road no one for the barricades to shield 05-15-2026 11:02:35 am



Mikey No fun to watch the riders today 05-15-2026 11:02:49 am

Mikey Hi airport Tim 05-15-2026 11:04:47 am



Trish in MA Gall gaining time on Vingo

05-15-2026
11:06:14 am



Katie S Kite

05-15-2026
11:07:00 am



Tim in KY Checked in and TSA in under five minutes. So much for three hours early. Still an hour and a half until boarding.

05-15-2026
11:07:05 am



Toulouse What were you going to do with your time anyway? Watch a bike race?

05-15-2026
11:07:47 am



Katie S Better to be early sted of the panicked dash through the terminal

05-15-2026
11:08:03 am



Katie S >6 hours of racing.

05-15-2026
11:08:47 am



Katie S Gall 12 seconds back for 2nd

05-15-2026
11:09:19 am



Trish in MA And Vingo gets it, and the record for the climb. Gall 12 secs behind.

05-15-2026
11:09:44 am



Trish in MA Hindley 3rd

05-15-2026
11:10:21 am



Tim in KY No real surprise.

05-15-2026
11:10:32 am



Mikey Up and down up and down tomorrow

05-15-2026
11:11:08 am



Tim in KY Who's the alien?

05-15-2026
11:11:50 am



Bikerabe Eulalio lloses 2:55bof lead

05-15-2026
11:12:36 am



Katie S Not sure, Tim

05-15-2026
11:13:46 am



Mikey See ya ba

05-15-2026
11:13:55 am



Katie S Wishing you a comfortable flight, Tim. Ciao, tutti.

05-15-2026
11:14:18 am



Rocket City Gal Thrashed my way back from the woods just to find I missed the ending by only a few minutes. Oh, well. That's life.

05-15-2026
11:14:43 am



PasadenaK8 Bye, all, thanks RCG for taking over the profile prep duty while Tim is on vay-kay. Buon Viaggio, Tim!

05-15-2026
11:17:03 am
