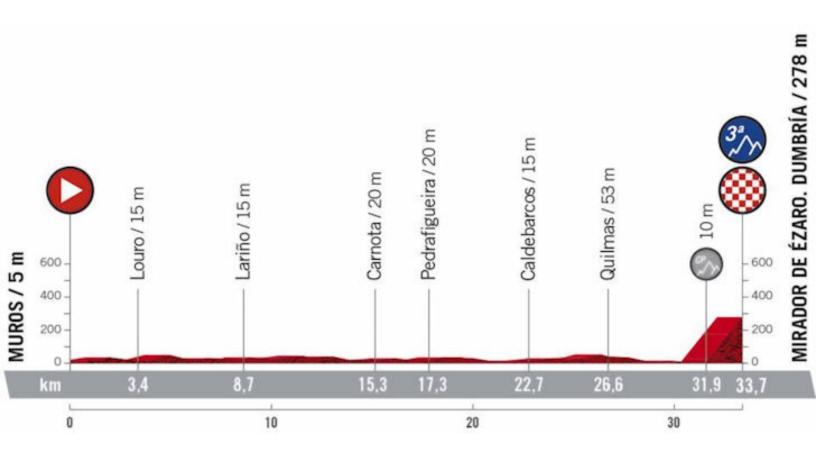
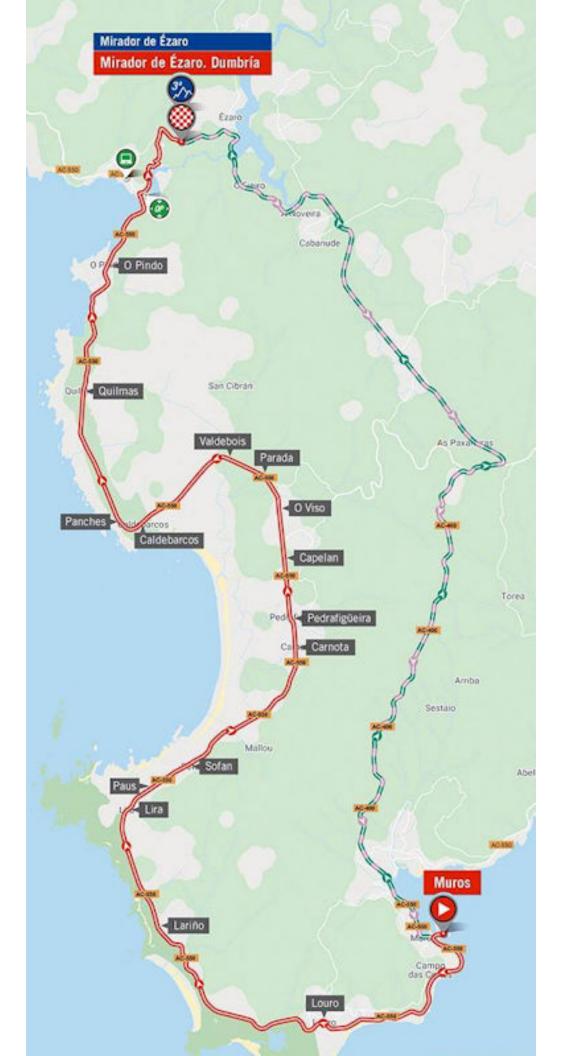
**Tim in KY** Going north along the Atlantic coast there is a 22 kph crosswind

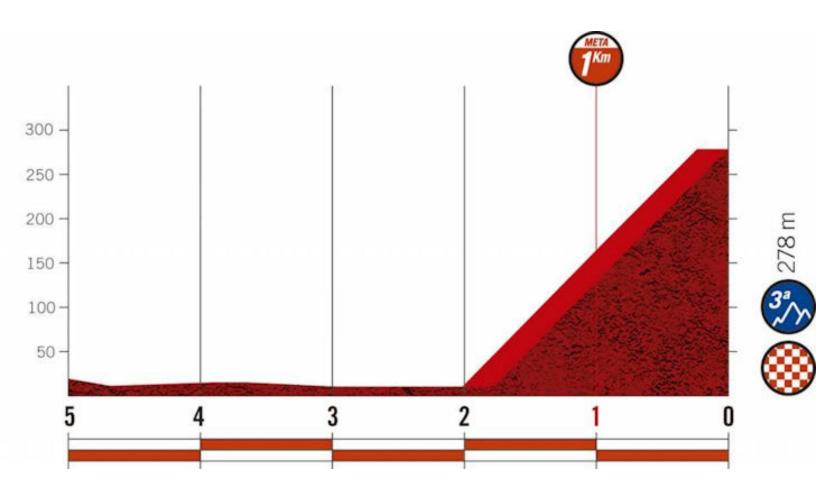
from the left.

11-03-2020

08:05:48

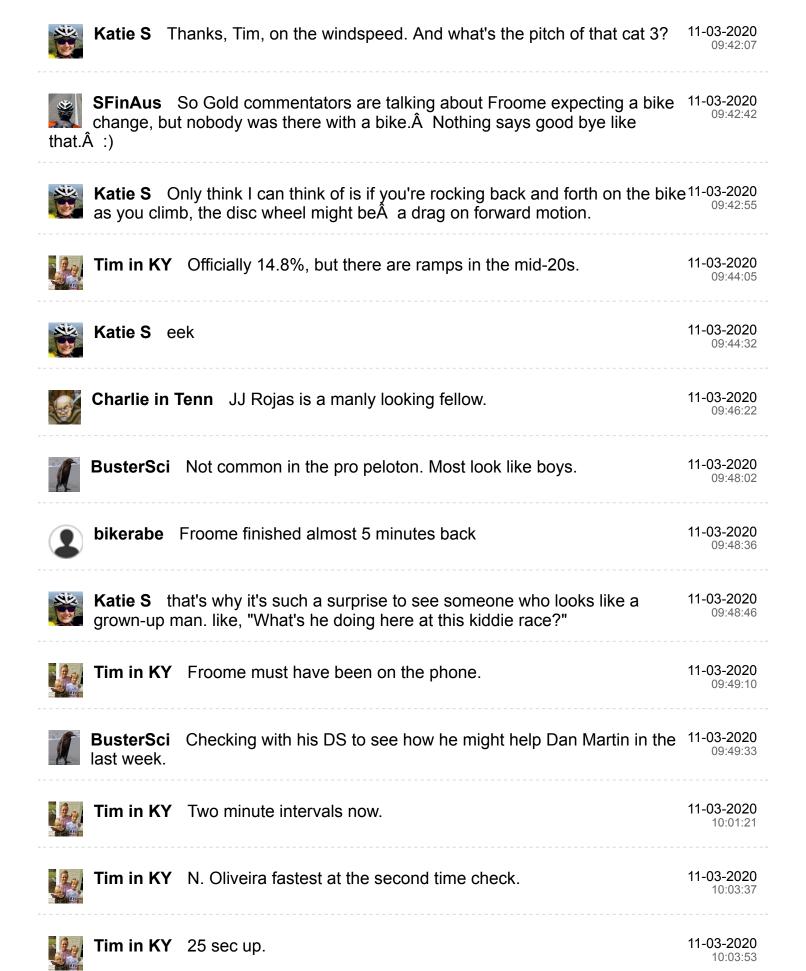






BusterSci Working on bread. Â WIII join up when it goes in for first rise.	<b>11-03-2020</b> 08:22:07
<b>Tim in KY</b> Early riders have passed the 9.2 km to go time check so it won't be long.	<b>11-03-2020</b> 08:23:03
Tim in KY Okay. Wash is in the dryer and I'm off to run errands.	<b>11-03-2020</b> 08:30:12
<b>Katie S</b> Good morning. I think there must be something to be said about thi being the day of the Race of Truth at the Vuelta and something about our Election here today	is 11-03-2020 08:43:25
<b>BusterSci</b> Not sure I'm comfortable associating politics with truth, but I get your point.	<b>11-03-2020</b> 08:46:34
<b>bikerabe</b> Froome is oii	11-03-2020 08:55:08
<b>bikerabe</b> off	11-03-2020 08:55:16
Katie S he might be saying "oii" by the time he finishes	11-03-2020 08:56:40
<b>bikerabe</b> Froome 20 " behind Cavagna	11-03-2020 09:00:06
<b>bikerabe</b> Froomey has wrinkles in his skinsuit, all Gold can talk about	11-03-2020 09:05:30
<b>Katie S</b> Question: Do the plastic advertising banners on the barriers make a sound if there are no eejits there to pound them?	a 11-03-2020 09:11:55
BusterSci Do they make a sound without one hand clapping them?	<b>11-03-2020</b> 09:12:31
<b>bikerabe</b> Froome now 2 minutes down to Cavagna	<b>11-03-2020</b> 09:15:38
Katie S Nice ref to PMU, the hand which sliced Thor	<b>11-03-2020</b> 09:16:36

Katie S Cavagna changes to road bike	<b>11-03-2020</b> 09:16:46
Katie S Pretty climb, rocks & conifers and such	<b>11-03-2020</b> 09:17:37
<b>Katie S</b> Cavagna finishes 47 seconds to the good of our fellow in the hot seat. Buh-bye.	11-03-2020 09:24:53
Charlie in Tenn Looks like the wind and the hill are a lot harder than expected.	11-03-2020 09:25:59
Katie S what's the wind speed? (I have the sound)	<b>11-03-2020</b> 09:27:51
BusterSci It's the velocity of air as it moves past a fixed point.	<b>11-03-2020</b> 09:31:43
BusterSci But that's not important right now	<b>11-03-2020</b> 09:31:53
Katie S THANK YOU.	11-03-2020 09:32:53
Katie S THANK YOU.  Katie S I *love* that Movistar skinsuit, so pretty & blue	
	09:32:53
Katie S I *love* that Movistar skinsuit, so pretty & blue	09:32:53 11-03-2020 09:33:11 11-03-2020
Katie S I *love* that Movistar skinsuit, so pretty & blue  Katie Sbut i was actually looking for the velocity of a particular sparrow	09:32:53 11-03-2020 09:33:11 11-03-2020 09:34:33
Katie S I *love* that Movistar skinsuit, so pretty & blue  Katie Sbut i was actually looking for the velocity of a particular sparrow  BusterSci Not Jack?  mmcnally Good morning. A bike race in the morning, lunch with my	09:32:53 11-03-2020 09:33:11 11-03-2020 09:34:33 11-03-2020 09:37:30



Katie S These bike changes just seem to eat up time	<b>11-03-2020</b> 10:08:45
Alison Quarles First thing I see is that Charlie thinks Rojas is manly???	<b>11-03-2020</b> 10:09:23
Katie S and good morning!	<b>11-03-2020</b> 10:10:26
<b>BusterSci</b> I think we all just assumed the "for a cyclist" part.	<b>11-03-2020</b> 10:11:07
<b>bikerabe</b> Barta fastest 1st time check	<b>11-03-2020</b> 10:11:16
<b>bikerabe</b> Barta st as Oliviera 1st time chk	<b>11-03-2020</b> 10:14:36
Tim in KY But faster by hundredths.	<b>11-03-2020</b> 10:15:48
Tim in KY Jeez, that is a steep sucker.	<b>11-03-2020</b> 10:18:09
bikerabe Oliveira fastest 48"	<b>11-03-2020</b> 10:20:17
Tim in KY Anybody hear of Armirail before?	<b>11-03-2020</b> 10:22:06
Tim in KY Barta s.t. at the second check.	<b>11-03-2020</b> 10:24:14
Charlie in Tenn Barta was Carlton Kirby's pick for the day. Maybe his darkhorse pick.	<b>11-03-2020</b> 10:25:17
Charlie in Tenn Armimail, no.	<b>11-03-2020</b> 10:25:38
John Groschartner has a terrible porn stache	<b>11-03-2020</b> 10:25:40

Charlie in Tenn Armirail either.	<b>11-03-2020</b> 10:25:59
Katie S Wout Poels off	<b>11-03-2020</b> 10:27:02
Katie S no stache, not particularly manly looking, but a def stud on a bike	<b>11-03-2020</b> 10:27:17
Katie S The wind looks like it's picked up - those drapes sure were flapping around when Martin took off	<b>11-03-2020</b> 10:31:08
bikerabe Barta is from Boise Go Will!	<b>11-03-2020</b> 10:33:03
Tim in KY Carthy starts.	<b>11-03-2020</b> 10:33:03
<b>bikerabe</b> Do Hugh!	<b>11-03-2020</b> 10:33:20
Katie S Boise Barta!	<b>11-03-2020</b> 10:33:20
Tim in KY Fast bike change for Barta.	11-03-2020 10:33:25
Katie S that was a clinic on how to do it right	<b>11-03-2020</b> 10:33:35
<b>bikerabe</b> Go Hugh	<b>11-03-2020</b> 10:33:38
<b>bikerabe</b> Will needs a contract!	<b>11-03-2020</b> 10:34:12
John Here comes Rog	<b>11-03-2020</b> 10:34:20
<b>bikerabe</b> Rog goes	<b>11-03-2020</b> 10:35:13

John Carapaz on the road	<b>11-03-2020</b> 10:36:22
Alison Quarles Barta!	<b>11-03-2020</b> 10:40:59
Tim in KY Barta by 0:09.	<b>11-03-2020</b> 10:41:03
<b>bikerabe</b> Barta !	<b>11-03-2020</b> 10:41:13
BusterSci Somebody play The Stripper in the hot seat.	<b>11-03-2020</b> 10:41:25
Tim in KY Mas was 0:44 down at the first check.	<b>11-03-2020</b> 10:44:55
Tim in KY Martin down 0:36.	<b>11-03-2020</b> 10:46:37
Tim in KY Carthy down 0:11 in 3rd.	<b>11-03-2020</b> 10:47:17
BusterSci Soler in at 1:11 down. 6th.	<b>11-03-2020</b> 10:49:00
<b>Tim in KY</b> To be clear, Carthy at the first check, Soler at the finish.	<b>11-03-2020</b> 10:51:02
John Rog 13s down at first split	<b>11-03-2020</b> 10:51:19
Tim in KY 5th for Rog.	<b>11-03-2020</b> 10:51:42
Tim in KY Crapass down 0:17.	<b>11-03-2020</b> 10:52:49
<b>BusterSci</b> Wonder what the pacing theory on this thing is. Â I'd expect a TT master like Rog would go hard on the flat to have time in hand on the climb,	<b>11-03-2020</b> 10:53:12

while the climbers would do just the opposite, trying to make up time late.

<b>John</b> Since Rog lost so much time at the climb in the Tour TT, maybe that's in his head and not helping any	<b>11-03-2020</b> 10:54:49
John Live tracking shows Rog 8s up on Crapass	<b>11-03-2020</b> 10:55:43
bikerabe need a NASCAR quality bike change	<b>11-03-2020</b> 10:56:26
BusterSci Jumbo changing good.	<b>11-03-2020</b> 10:58:47
Tim in KY G. Martin really blew this TT. Down 3:18.	<b>11-03-2020</b> 10:59:00
<b>bikerabe</b> KOM leader don't need good TT	<b>11-03-2020</b> 10:59:51
John For the change, it looked like the mechanics were there in advance & not coming out of the car like in the Tour. Yes? Or did I miss something?	<b>11-03-2020</b> 10:59:59
BusterSci You are correct	<b>11-03-2020</b> 11:00:15
BusterSci You are correct  Katie S that's what i looked like for Barta	
	11:00:15
Katie S that's what i looked like for Barta	11:00:15 11-03-2020 11:00:16 11-03-2020
Katie S that's what i looked like for Barta  Katie S it (not I)	11:00:15 11-03-2020 11:00:16 11-03-2020 11:00:20
Katie S that's what i looked like for Barta  Katie S it (not I)  Tim in KY Mas down 1:42 at the second.	11:00:15  11-03-2020

**SFinAus** I wonder how much the ITT contenders' team practice their 'pit stop' bike change technique. Seems if they deem it worthwhile to make the change then it would be worth the time to practice.

John If the change involves coming out of the car and grabbing a bike off roof, I imagine they practice a lot	f the 11-03-2020 11:02:53
Alison Quarles I would certainly want to practice.	<b>11-03-2020</b> 11:02:53
Tim in KY Martin not much better than Mas.	<b>11-03-2020</b> 11:03:13
Tim in KY Carthy also 3rd, down 0:18 on Barta.	<b>11-03-2020</b> 11:04:19
Tim in KY At the second check	<b>11-03-2020</b> 11:04:31
<b>John</b> Valverde looked like he didn't practice much	<b>11-03-2020</b> 11:04:39
Tim in KY Rog 0:01 better than Carthy.	<b>11-03-2020</b> 11:05:31
bikerabe Rog 1" down to Carthy 2nd inter	<b>11-03-2020</b> 11:05:53
Tim in KY Just Crapass left for the second chek.	<b>11-03-2020</b> 11:05:55
Katie S Not so good for Valverde. Couldn't clip in.	<b>11-03-2020</b> 11:05:58
<b>bikerabe</b> yes rog better	<b>11-03-2020</b> 11:06:48
Tim in KY Crapass down 0:36 on Barta.	<b>11-03-2020</b> 11:07:54
John That pits Rog in red by 8-9 seconds or so	<b>11-03-2020</b> 11:08:39
John *puts	<b>11-03-2020</b> 11:08:46

<b>Katie S</b> i thought Ruglick was supposed to take huge bites out of Crapass thoughts?	<b>11-03-2020</b> 11:10:18
Tim in KY No bike change for Mas.	<b>11-03-2020</b> 11:10:28
BusterSci And he changes outside the designated zone	<b>11-03-2020</b> 11:10:47
John Mas with a very late change	<b>11-03-2020</b> 11:10:56
<b>bikerabe</b> Mas took bike off car !	<b>11-03-2020</b> 11:11:05
Katie S so is that legal?	<b>11-03-2020</b> 11:11:33
BusterSci Yes.	<b>11-03-2020</b> 11:11:37
<b>bikerabe</b> but dumb	<b>11-03-2020</b> 11:12:04
<b>BusterSci</b> You can take off a car anywhere, typically. Â You can't take from a guy just holding the bike for you except in the designated zone.	<b>11-03-2020</b> 11:12:09
John Very smooth change by Carthy	<b>11-03-2020</b> 11:12:30
<b>Tim in KY</b> I don't think Mas planned a change but discovered he needed a road bike once he started the climb.	<b>11-03-2020</b> 11:12:30
Katie S they've been practicing	<b>11-03-2020</b> 11:13:53
Katie S and Rog's was very good	11-03-2020 11:14:27
BusterSci Great change Rog	<b>11-03-2020</b> 11:14:27

John Interesting to see not many besides Carthy using Speedplay's aero pedals	<b>11-03-2020</b> 11:15:21
<b>BusterSci</b> Interesting. The Wiki summary on the Google search page says Barta born in Albuquerque and the actual wiki says Boise. Â Don't much care which it is, but weird that they're different.	<b>11-03-2020</b> 11:16:37
Katie S ABnormal?	<b>11-03-2020</b> 11:16:51
BusterSci Great change Crapass.	<b>11-03-2020</b> 11:16:51
<b>bikerabe</b> Crapass little slow change	<b>11-03-2020</b> 11:17:27
Katie S Rog looking like his wrastlin' something	<b>11-03-2020</b> 11:18:03
bikerabe Cue Bugs Bunny Albakerkey?	<b>11-03-2020</b> 11:19:00
BusterSci 1:16 for Martin	<b>11-03-2020</b> 11:19:00
BusterSci Carthy next to finish.	<b>11-03-2020</b> 11:19:24
BusterSci 3rd at 24s back	<b>11-03-2020</b> 11:20:05
BusterSci Rog next	<b>11-03-2020</b> 11:20:10
<b>bikerabe</b> Hugh 24 secs down	<b>11-03-2020</b> 11:20:28
BusterSci Here comes Rog	<b>11-03-2020</b> 11:20:58
Charlie in Tenn He should have tried a duck helmet. He could have flown up	o 11-03-2020

the hill.

BusterSci Sliming from the chin	<b>11-03-2020</b> 11:21:10
BusterSci Rog didn't fade today	<b>11-03-2020</b> 11:21:29
Katie S wow	<b>11-03-2020</b> 11:21:33
<b>BusterSci</b> Best	<b>11-03-2020</b> 11:21:38
BusterSci 1 sec	<b>11-03-2020</b> 11:21:41
Alison Quarles Wow!	<b>11-03-2020</b> 11:21:42
John Poor Will	<b>11-03-2020</b> 11:21:42
Katie S bummer for Boise Barta, though	<b>11-03-2020</b> 11:21:50
BusterSci Did Rog Whip Poor Will?	<b>11-03-2020</b> 11:22:02
SFinAus Tsk. (Better than a four letter word in mind.)	<b>11-03-2020</b> 11:22:15
Charlie in Tenn yep	<b>11-03-2020</b> 11:22:19
Katie S by 1 second	<b>11-03-2020</b> 11:22:31
Katie S 300 meters for Crapass	<b>11-03-2020</b> 11:23:10
BusterSci Good ride for Crapass, but not enough	<b>11-03-2020</b> 11:23:13
Katie S 13 seconds	11-03-2020 11:23:14

11:23:14

1	PRIMOŽ ROGLIC	1	TEAM JUMBO - VISMA	49H 16' 16"		B : 42"
2		72	INEOS GRENADIERS	49H 16' 55"	+ 00H 00' 39"	B : 16"
3	HUGH JOHN CARTHY	102	EF PRO CYCLING	49H 17' 03''	+ 00H 00' 47''	B : 10"
4	DANIEL MARTIN	181	ISRAEL START-UP NATION	49H 17' 58''	+ 00H 01' 42"	B : 22"
5	ENRIC MAS	174	MOVISTAR TEAM	49H 19' 39''	+ 00H 03' 23"	B : 4"
6	WOUTER POELS	111	BAHRAIN - MCLAREN	49H 22' 31"	+ 00H 06' 15"	
7	FELIX GROSSSCHARTNER	63	BORA - HANSGROHE	49H 23' 30"	+ 00H 07' 14"	B:6"
8	ALEJANDRO VALVERDE	171	MOVISTAR TEAM	49H 24' 55''	+ 00H 08' 39"	B : 5"
9	■ ALEKSANDR VLASOV	51	ASTANA PRO TEAM	49H 25' 04''	+ 00H 08' 48"	B:6"
10	DAVID DE LA CRUZ	21	UAE TEAM EMIRATES	49H 25' 39"	+ 00H 09' 23"	-

Katie Sand	<b>11-03-2020</b> 11:23:30
Charlie in Tenn I was hoping for another CCC win. Oh well.	<b>11-03-2020</b> 11:23:39
Katie S 50 meters	<b>11-03-2020</b> 11:24:07
BusterSci 49s back	<b>11-03-2020</b> 11:24:29
SFinAus tick tick tick lots of ticks	<b>11-03-2020</b> 11:24:30
BusterSci New GC	<b>11-03-2020</b> 11:25:16
BusterSci https://rumbletalk-images- upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/16044210 1604420724164.png	11-03-2020 11:25:25 24-
Charlie in Tenn Still closer than I though it would be. I think it is good for the race with 2 (3) guys chasing Rog.	11-03-2020 11:25:53
Katie S great stuff	<b>11-03-2020</b> 11:26:07
Katie S Rog: GIMME BACK THAT RED SHIRT	<b>11-03-2020</b> 11:26:19
John It'II make for good racing the rest of the week	<b>11-03-2020</b> 11:26:25
Katie S it's sure been a great Vuelta.	<b>11-03-2020</b> 11:26:58
Charlie in Tenn OK, have a great day.	<b>11-03-2020</b> 11:28:21

John See you tomorrow

**11-03-2020** 11:28:38



**Tim in KY** Tomorrow is lumpy with three Cat 3s, so not much likely to change at the top of GC.

**11-03-2020** 11:28:40



Katie S thanks, Tim & team. See you all tomorrow.

**11-03-2020** 11:30:33