



**Joanna in Virginia** Many THANKS to Tim for his generous donation to the Tip Jar and for preparing the Stage Previews! XO

05-11-2023  
02:30:12 pm



**Tim in KY** GdI Stage 7 is 218 kilometers from Capua, northeast of Naples into the Apennines for a summit finish on the "Stone of Italy".

05-11-2023  
02:36:59 pm



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1683830532-stage-7-route.jpg>

05-11-2023  
02:37:13 pm



**Tim in KY** The first 70 kilometers of the route are a false flat leading to the start of the first of two Cat 2 climbs. It is officially 9 km at 6.2% but will feel like 30 km to the riders. The second Cat 2 is 13.7 km at 6%. There is no descent off the second climb; the climb of the Cat 1 finale starts immediately. It is 26 km at an average of 3.4% but gets double digit steep in the last four km.

05-11-2023  
02:38:54 pm



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1683830648-stage-7-profile.jpg>

05-11-2023  
02:39:10 pm



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1683830669-stage-7-gran-sasso.jpg>

05-11-2023  
02:39:30 pm



**Tim in KY** Kilometer zero is scheduled for 11:20 CEST. Finish is imagined either side of the usual 17:15. The forecast is for rain at the start and the possibility of showers all along the route. Temps in the mid-teens on the flats, cooler at elevation.

05-11-2023  
02:40:02 pm



**Tim in KY** Interesting weather update. There maybe snow showers on the upper elevations of the finish climb.

05-11-2023  
03:53:42 pm



**Charlie in Tenn** Good morning

05-12-2023  
06:43:58 am



**Tim in KY** Hi, Charlie. Still on the opening false flat in the rain. A four man break has 8 minutes on the peloton.

05-12-2023  
06:45:40 am



**Charlie in Tenn** The break at the women's race is about to be caught with one sprint and big climb ahead.

05-12-2023  
06:51:57 am

# GRAN SASSO D'ITALIA (Campo Imperatore)



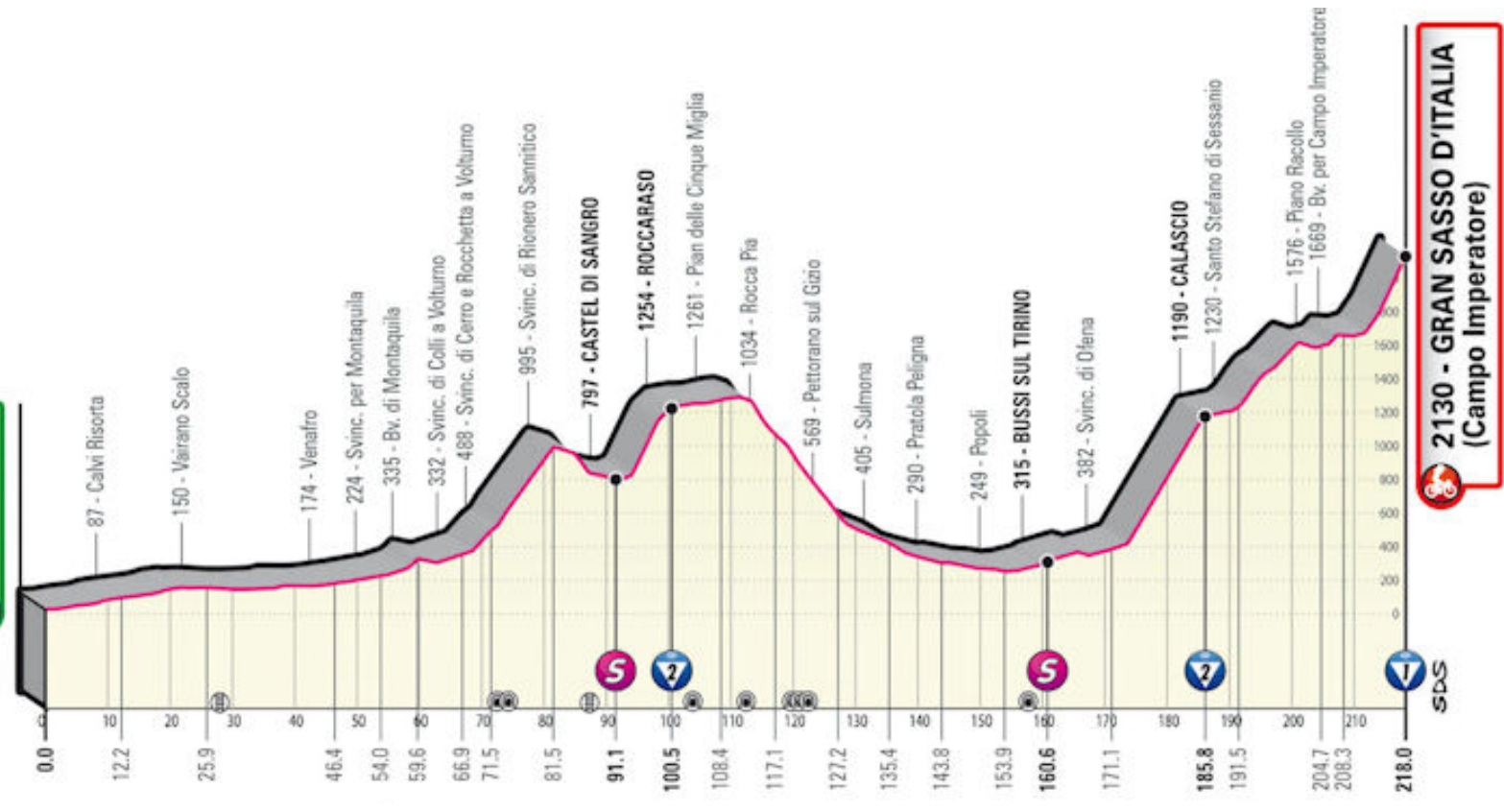
**LEGENDA / KEY**

- Traguardo volante Intermediate Sprint**
- GPM (con categoria) KOM (categorized)**
- Galleria Tunnel**
- Passaggio a livello Level Crossing**
- Percorso Fuori Corsa Off Race**

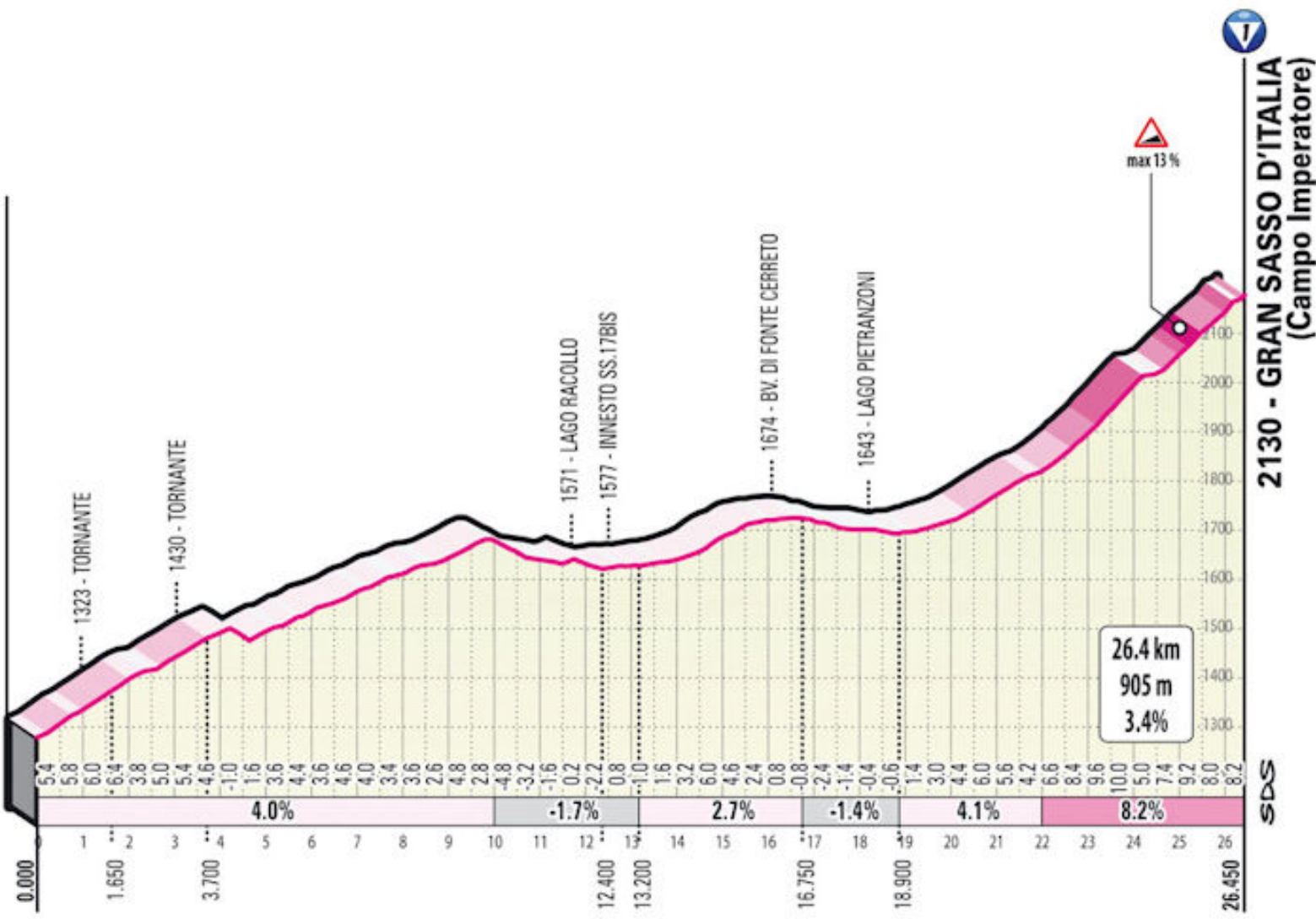
Basic Map data © OpenStreetMap (and) contributors, CC-BY-SA  
SDS rendering by Maperitve

**CAPUA** **km 0 CASERTA**

# 20 - CAPUA



# 1230 - SANTO STEFANO DI SESSANIO



26.4 km  
905 m  
3.4%

max 13%

SDS



**Charlie in Tenn** I have none of the riders in the break.

05-12-2023  
06:54:12 am



**Charlie in Tenn** at the men's race

05-12-2023  
06:54:24 am



**Charlie in Tenn** or at the women's race

05-12-2023  
06:54:33 am



**Tim in KY** Gap for the break is now close to 10:00. Could be the break's day.

05-12-2023  
06:57:46 am



**Tim in KY** Approaching the first climb.

05-12-2023  
06:58:02 am



**Tim in KY** Going to be a long day. Right at the slowest imaginable time.

05-12-2023  
07:05:53 am



**Charlie in Tenn** No spoilers but the women's race is over with lots of big names at the top.

05-12-2023  
07:22:11 am



**BusterSci** greetings

05-12-2023  
07:24:58 am



**Charlie in Tenn** Today I need Ben Healy to actually race today.

05-12-2023  
07:26:18 am



**Charlie in Tenn** Buster are you at the lake?

05-12-2023  
07:26:50 am



**BusterSci** Yup. Just checking in quickly before the day begins.

05-12-2023  
07:27:05 am



**Charlie in Tenn** Hold your mouth right and catch some big ones.

05-12-2023  
07:27:40 am



**BusterSci** Frau and Ripley still sleeping. Ripley got weird about midnight and kept us up until around 2, when she decided to eat her dinner and go back to sleep.

05-12-2023  
07:28:03 am



**BusterSci** It was 80 yesterday. That's weird, too.

05-12-2023  
07:28:45 am



**Charlie in Tenn** Low 70 for our high today

05-12-2023  
07:29:53 am



**Charlie in Tenn** 70s about 73

05-12-2023  
07:30:07 am



**BusterSci** The water is still only around 50 degrees--Ice went out Sunday.  
Â So with an intermittent breeze off the lake we were alternating between too hot in the sun to grabbing a fleece to warm up.

05-12-2023  
07:31:21 am



**Tim in KY** In race news, the gap is down uner 9:00 on the first climb.

05-12-2023  
07:33:41 am



**Tim in KY** Two more riders out with Covid.

05-12-2023  
07:39:58 am



**Katie Lane** Groves has lost 2 teammates with illness now....

05-12-2023  
07:42:22 am



**Katie Lane** Still working on things in Virginia.Â We have a nice clear window again, and started deconstructing a downstairs bathroom.

05-12-2023  
07:44:12 am



**Katie Lane** Also dressed for battle and tried pulling out a bunch of poison ivy vines.Â Took strong anti-PI measures before, during and after.Â Â Hopefully I won't get the dreaded itchy PI.

05-12-2023  
07:45:51 am



**Rocket City Gal** [https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1683892427-IMG\\_0779.jpeg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1683892427-IMG_0779.jpeg)

05-12-2023  
07:48:59 am



**Rocket City Gal** Mightâ€™ve got a little carried away burning the cheap plywood â€œfake woodâ€ paneling that we pulled off the bathroom wall.

05-12-2023  
07:50:01 am



**Tim in KY** I hope you weren't burning the PI. The toxin remains active in the smoke.

05-12-2023  
07:50:41 am



**Charlie in Tenn** My thought as well.

05-12-2023  
07:51:10 am



**Rocket City Gal** Nope. Â If I ever do that, I throw PI on from the upwind side while holding my breath and leave the area.

05-12-2023  
07:51:57 am





**Tim in KY** Good. It's JoDo's birthday.

05-12-2023  
07:52:45 am



**Rocket City Gal** The only vines I ever burn are those pulled in the winter when they are mostly dormant (low sap). Æ These were pretty juicy, and just got tossed in a pile to hopefully die and compost. Æ :)

05-12-2023  
07:54:17 am



**Tim in KY** Chores and errands for a while.

05-12-2023  
07:55:13 am



**Rocket City Gal** JoDo is 32 today

05-12-2023  
07:55:27 am



**Rocket City Gal** Aussie sprinter Campbell Stewart (Jayco AlUla) has a birthday today too (25 years)

05-12-2023  
07:57:34 am



**Rocket City Gal** The peloton is around 9 minutes behind the break.

05-12-2023  
07:58:15 am



**Rocket City Gal** Vollering win todayâ€™s Itzulia stage, with Reusser 2nd and Niewiadoma 3rd.

05-12-2023  
08:00:12 am



**Katie Lane** Three remain in the break (Bias, Petilli, Vacek) on the Cat 2 climb, with the peloton now 10:48 behind.

05-12-2023  
08:21:18 am



**Katie Lane** Bias gets max KOM points for the climb. Now lots of downhill/flat before the final, what, 60 or so km of climbing that includes the Calascio and ends atop Campo Imperatore.

05-12-2023  
08:23:57 am



**Charlie in Tenn** Everyone gone so it is peaceful here. Swept the porch and walked around the house. Need to work on a plan for the flower bed. It has been a haphazard mess for years. I also have to get ready for a small birthday party for my son. He turns 11 on Sunday. Plus Mother's Day!

05-12-2023  
08:28:46 am



**Charlie in Tenn** Those last 2 mountains are just one long, long climb.

05-12-2023  
08:29:42 am



**Charlie in Tenn** Crash in the pack. Kuss and another American. The youngest guy in the race, Matthew something.

05-12-2023  
08:33:24 am



**Katie S** good morning, all. Katie L - yeesh! That sounds and looks like a ton o' work. Good for you!

05-12-2023  
08:41:44 am





**Tim in KY** Hi, Katie.

05-12-2023  
08:43:11 am



**Tim in KY** Long descent here.

05-12-2023  
08:43:20 am



**Rocket City Gal** The American with the Italian last name?

05-12-2023  
08:43:30 am



**Rocket City Gal** Not to be schizophrenic this morningâ€” I canâ€™t get to the chat through my smartphone via FB. Works fine on laptop (via FB) . So from my phone Iâ€™ll be RCG with the two lazy ginger cats in the photo, and if I log in through the computer/FB Iâ€™ll be Katie L with the picture of our newest addition to the pack.

05-12-2023  
08:46:33 am



**Tim in KY** It's beginning to look like the break will stay away.

05-12-2023  
08:50:36 am



**Katie S** We'll just start calling you Sybil, RCG/KL

05-12-2023  
09:11:48 am



**Rocket City Gal** Perilliâ€™s gonna be pretty happy if he can keep this up.

05-12-2023  
09:12:49 am



**Katie S** Alas, I will miss today's finish. I will be going to my niece's school for Grandparents Day. I am but a lowly Auntie, but the real Grandparent (85) is not keen on trundling into the big city (San Francisco) in the morning -- or any big city and any morning. If I don't go, the poor kiddo (9) will have no family member to show around.

05-12-2023  
09:14:32 am



**Katie S** As for race replays ... on GCN it seems you can get only the video and not the accompanying commentary, which I do enjoy.

05-12-2023  
09:15:26 am



**Rocket City Gal** Petilli is 7:49 back on GC. And heâ€™s a climber.

05-12-2023  
09:16:22 am



**Rocket City Gal** Youâ€™re a good auntie, Katie!

05-12-2023  
09:16:52 am



**Rocket City Gal** UAE has extended Jay Vineâ€™s contract with them. Thereâ€™s some incentive for ya, Jay!

05-12-2023  
09:24:38 am



**Rocket City Gal** Saw an interesting interview with him where he was talking about how things were so different on a top-tier team.

05-12-2023  
09:25:36 am



**Charlie in Tenn** Katie S, you can click on the little icon at the bottom of the GCN screen and change the language. Ambient sound is probably the option that you have chosen. You can do this on the live feed as well.

05-12-2023  
09:25:43 am



**Katie S** aha, thank you, Charlie. Otherwise I have to make stuff up, and I can't make my voice sound like Sean Kelly's no matter what I try.

05-12-2023  
09:26:34 am



**SFinAus** Greetings.Â I got here in time to see Remco get Bicylce Repairman attention

05-12-2023  
09:29:06 am



**Rocket City Gal** UAE has extended Vineâ€™s contract through 2027!!!! Â He said the equipment, the staff support, and a whole lot more have been a lot different than at Alpecin-Fenix

05-12-2023  
09:29:15 am



**Charlie in Tenn** Why are all of the cars passing the leaders?

05-12-2023  
09:31:13 am



**Tim in KY** The sunshine has gone away.

05-12-2023  
09:31:33 am



**Charlie in Tenn** That is a tunnel, Tim.

05-12-2023  
09:31:52 am



**Tim in KY** True. But I was talking about the break.

05-12-2023  
09:32:27 am



**Rocket City Gal** The long uphill slog has begun. Â The break is still 10:25 ahead. Â Iâ€™ve seen great changes in timegaps on uphills, but this is a pretty good lead with a trio containing at least 2 decent climbers.

05-12-2023  
09:33:12 am



**Charlie in Tenn** Looks partly cloudy from the helicopter.

05-12-2023  
09:33:25 am



**Charlie in Tenn** Ineos should send Tao up the road.

05-12-2023  
09:38:16 am



**Tim in KY** Around here we'd call that a pond, not a lake.

05-12-2023  
09:41:25 am



**Tim in KY** Road narrows on this climb but it looks like it was just repaved.

05-12-2023  
09:46:34 am



**Mikey** Bopped in and out today... Good Morning

05-12-2023  
09:55:51 am



**SFinAus** Lamb kabobs in the grupetto!

05-12-2023  
10:02:37 am



**Mikey** First time I've seen that!

05-12-2023  
10:02:47 am



**SFinAus** Nothing like eating off a pointy stick while riding a bike.

05-12-2023  
10:03:09 am



**Mikey** Probably tailed

05-12-2023  
10:03:13 am



**SFinAus** "It was the Astana guy's kabob!"

05-12-2023  
10:04:13 am



**Tim in KY** Gap isn't coming down much so far.

05-12-2023  
10:06:52 am



**Mikey** Stumbled on to a Giro replay each night on BeIN. Nice to check on things I missed during the day

05-12-2023  
10:13:06 am



**SFinAus** I usually go to Youtube and find a highlight "reel". GCN has a 5-6 minute wrap up which is enough on many days.

05-12-2023  
10:19:20 am



**Tim in KY** Dark clouds over the mountain.

05-12-2023  
10:20:51 am



**Tim in KY** Road surface gets crappy.

05-12-2023  
10:32:01 am



**Mikey** Off for Mom duty À Ba

05-12-2023  
10:33:31 am



**SFinAus** Gap coming down - 24k with 8' 05"

05-12-2023  
10:37:47 am



**Charlie in Tenn** 7:36

05-12-2023  
10:43:29 am



**Tim in KY** GC group is still quite big.

05-12-2023  
10:50:21 am



**Tim in KY** Petilli is no longer virtual pink.

05-12-2023  
11:00:19 am



**Rob** How do they workout the time between the breakaway and peloton when the breakaway hits a climb? In theory it should go right down when the breakaway starts climbing and then back up when the peloton does. But they seem to keep it constant regardless of ups or downs.

05-12-2023  
11:02:07 am



**Tim in KY** I have always wondered that, Rob.

05-12-2023  
11:03:07 am



**Trish in MA** Meetings finished for the day. I can now concentrate on the Giro.

05-12-2023  
11:05:38 am



**Toulouse** Except for the people who drop by to chat. Not in your chatroom.

05-12-2023  
11:05:58 am



**Tim in KY** Remco still has 4 teammates.

05-12-2023  
11:08:15 am



**Trish in MA** Regarding poison ivy. We use a guy - Pesky Pete - who hand pulls the vines. Remarkably effective. He uses two layers of gloves, the top set go up to his elbows, face shield, multiple layers of clothes and two spading forks to loosen the soil. I adopted his technique last summer to pull out some vines that he missed. He cleared an entire hillside in a day. Faster than a goat!

05-12-2023  
11:08:38 am



**Trish in MA** Snow still on the mountain.

05-12-2023  
11:09:50 am



**Tim in KY** Wait until you see all the snow at the finish Trish.

05-12-2023  
11:12:05 am



**Trish in MA** GCN just said the peloton has already seen snow and hail? Plus rain. Did I hear that right?

05-12-2023  
11:13:47 am



**SFinAus** I during the winter I decided to dig out and replace some barren dirt and replace it with some better soil for a garden. There were all these pesky roots I had to pull out even getting down on my elbows in a short sleeve tee shirt to get it all. I had no idea why all those welts came on that night. Doc said it was poison somethin' (ivy/oak/sumac). Until then I didn't know that was anywhere in the yard. :eye-roll:  
:forehead\_slap:

05-12-2023  
11:14:43 am



**Tim in KY** There was lots of rain at the start, I have seen no hail or snow.

05-12-2023  
11:15:00 am



**SFinAus** Hopefully there will be \*some\* GC action after all this. Everything for the last 4k I guess.

05-12-2023  
11:16:38 am



**Trish in MA** I hope you didn't slap your head with those sap-riddled hands :). I swear by Tecnu for getting rid of poison ivy on my skin.

05-12-2023  
11:17:12 am



**SFinAus** That being typed, I really hope one of break takes the win.

05-12-2023  
11:17:25 am



**SFinAus** :)

05-12-2023  
11:17:48 am



**Trish in MA** 4K to go

05-12-2023  
11:18:13 am



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1683905006-stage-7-profile-finish.jpg>

05-12-2023  
11:18:27 am



**Tim in KY** Last 3 km.

05-12-2023  
11:18:36 am



**Tim in KY** Purple pooped.

05-12-2023  
11:19:30 am



**Charlie in Tenn** The snow/sleet may have been from earlier in the week. I did not see anything today, yet. Temperature at the finish 1 degree.

05-12-2023  
11:21:23 am



**Charlie in Tenn** Riders could get sick after today.

05-12-2023  
11:21:43 am



**SFinAus** That was a massive stretch of the elastic with Vacek, but now he goes to the front.

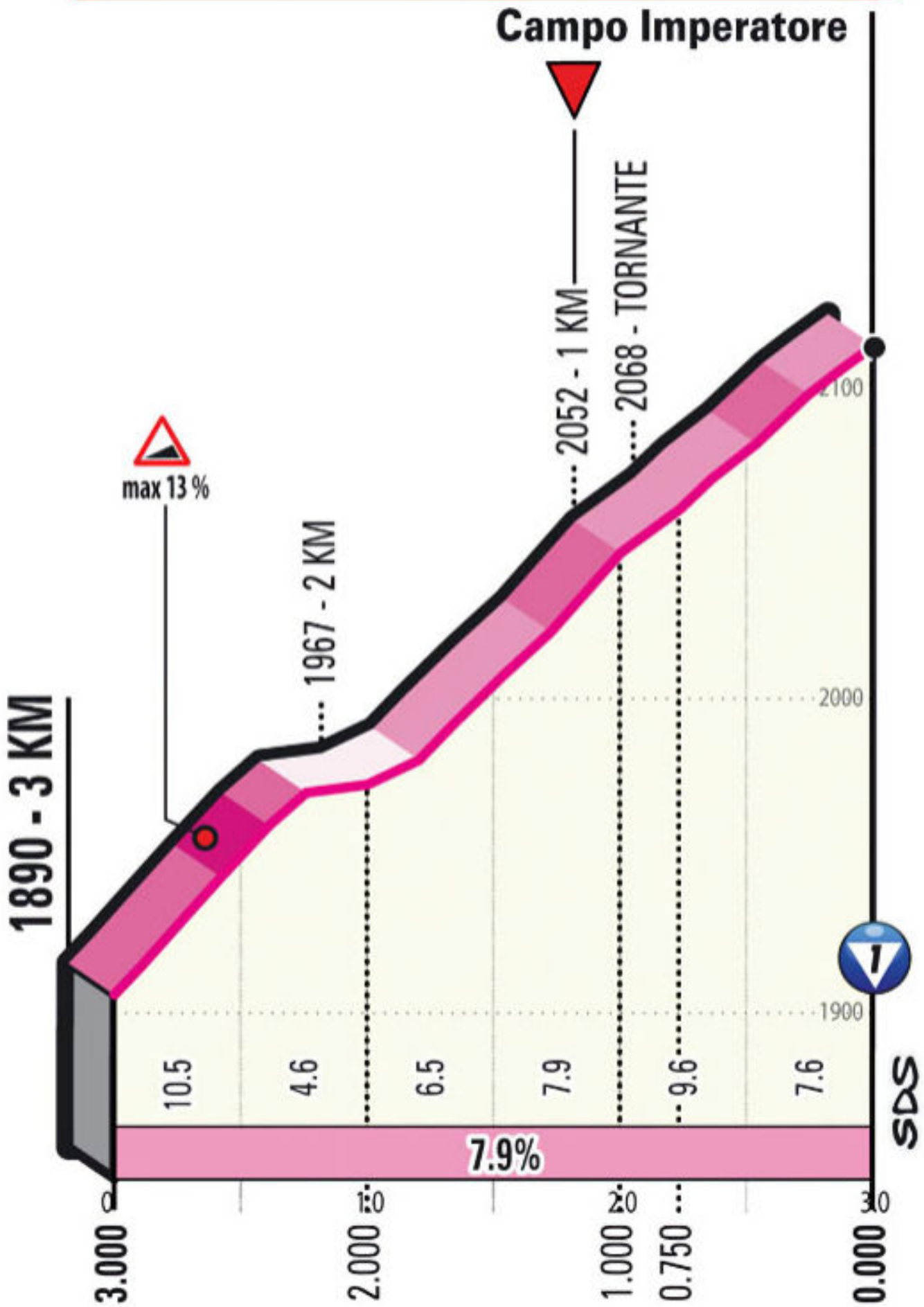
05-12-2023  
11:22:40 am



**Toulouse** I just lost my GCN feed.

05-12-2023  
11:24:29 am

# 2130 - GRAN SASSO D'ITALIA





**SFinAus** Champion from Cof pulling away from a peloton described as bored.

05-12-2023  
11:24:30 am



**SFinAus** Still up for me, Toulouse.Â FWIW

05-12-2023  
11:24:53 am



**Trish in MA** Eejit sighting. Â Guys in pink bear suits

05-12-2023  
11:25:19 am



**SFinAus** 2k for the break.

05-12-2023  
11:25:29 am



**Toulouse** Okay, I'm back. I missed pink bears.

05-12-2023  
11:25:48 am



**Tim in KY** The break will finish at about the slowest imaginable time.

05-12-2023  
11:27:36 am



**Charlie in Tenn** Vacek pulling a small gap.

05-12-2023  
11:27:40 am



**Trish in MA** All together

05-12-2023  
11:28:09 am



**SFinAus** I'm now rooting for Vacek to take it.Â I think he'll blow at the last bit though.Â Fingers crossed.

05-12-2023  
11:29:05 am



**Trish in MA** Kite!

05-12-2023  
11:29:12 am



**Trish in MA** Peloton strung out. Â No more massed army of doom look.

05-12-2023  
11:29:48 am



**Charlie in Tenn** Looked like Thomas was moving up in the pack.

05-12-2023  
11:30:30 am



**Trish in MA** 500M

05-12-2023  
11:31:18 am



**SFinAus** Vacek hurting so much

05-12-2023  
11:31:40 am



**Trish in MA** Bias, than Vacek

05-12-2023  
11:32:42 am



**SFinAus** Bais (sp?) takes it

05-12-2023  
11:32:45 am



**SFinAus** A day for the underdogs

05-12-2023  
11:33:15 am



**Charlie in Tenn** I think Bias gets KOM as well. Pinot is far behind at this point.

05-12-2023  
11:33:32 am



**SFinAus** Meanwhile the peloton group ride continues.

05-12-2023  
11:34:03 am



**Trish in MA** And the peloton comes across

05-12-2023  
11:35:54 am



**Trish in MA** 3 minutes behind

05-12-2023  
11:36:00 am



**Tim in KY** Thing to do...

05-12-2023  
11:36:20 am



**SFinAus** Remco, Pog, Pinot led the group in.

05-12-2023  
11:36:58 am



**SFinAus** Thanks all, Short bike ride beckons.Â Have a good day.

05-12-2023  
11:37:29 am



**Charlie in Tenn** So 2 times the break has won this year in the Men's top races.

05-12-2023  
11:39:29 am



**Trish in MA** Great shot of Contador commentating and pounding on the desk as Bais wins.

05-12-2023  
11:41:53 am



**Charlie in Tenn** Leknessund keeps his GC Jersey and the white jersey. Bais takes KOM. Milan keeps sprinter.

05-12-2023  
11:46:26 am



**Charlie in Tenn** Bais took first in every sprint/KOM/finish

05-12-2023  
11:47:53 am





**Charlie in Tenn** See everyone tomorrow. Remember the tip jar.

05-12-2023  
11:49:58 am

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