



**Tim in KY** VaE Stage 7 remains in east central Spain for a final day. The 183 kilometer route starts inland at Onda and heads to the coast before looping around and heading back inland for an uphill finish at Mas de la Costa.

29-Aug-2019  
14:02:33



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567102069-stage-7-route.jpg>

29-Aug-2019  
14:02:50



**Tim in KY** The first 80 kilometers are flat. The last 100 km are anything but. Two Cat 3s, two Cat 2s and a Cat 1 to the finish line. There is not a flat kilometer in the second half of the race.

29-Aug-2019  
14:04:57



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567102207-stage-7-profile.jpg>

29-Aug-2019  
14:05:09



**Tim in KY** The final climb is only 4.1 kilometers but features an average gradient of 12.3% and ramps up to 22.5%. When this was last used for a finish in 2016, the break stayed away for the win.

29-Aug-2019  
14:06:32



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567102303-stage-7-mas-de-la-costa.jpg>

29-Aug-2019  
14:06:44



**Tim in KY** Start time is 12:30 CEST (06:30 EDT). Finish is imagined between 17:20 and 17:55. Live stream starts at the usual 14:50-ish. Forecast is sunny and hot – low to mid 30s.

29-Aug-2019  
14:08:49



**Tim in KY** There were four DNF yesterday, all related to the high speed crash on a downhill: Uran, Carthy, Roche and De La Parte (CCC). Tejay finished dead last at 24:45 after his late crash in the breakaway.. No word yet about today.

30-Aug-2019  
05:47:16



**Joanna in New York** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567161404-Screen%20Shot%202019-08-30%20at%206.31.14%20AM.png>

30-Aug-2019  
06:31:45



**Joanna in New York** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567161413-Screen%20Shot%202019-08-30%20at%206.31.27%20AM.png>

30-Aug-2019  
06:31:55



**Joanna in New York** My favorite 3-D views are back. :-)

30-Aug-2019  
06:32:12



**Tim in KY** Neutral start. Davide Formolo (Bora), who struggled at the back after the crash yesterday, DNS today.

30-Aug-2019  
06:33:15



**Joanna in New York** That must have been quite a crash.

30-Aug-2019  
06:34:06



**Tim in KY** That graphic makes the final climb look longer than it really is.

30-Aug-2019  
06:34:26



**Tim in KY** There has been no video of the crash that I have seen.

30-Aug-2019  
06:34:50



**Joanna in New York** It is almost a straight line climb, when compared with the other graphic.

30-Aug-2019  
06:35:09



**Joanna in New York** Either way you look at that climb, it is brutal

30-Aug-2019  
06:37:11



**Joanna in New York** And they're off!

30-Aug-2019  
06:39:56



**Tim in KY** Kilometer zero now.

30-Aug-2019  
06:39:58




**Joanna in New York** From Tejay: "It's mainly just skin abrasion and I do have a small break in my middle finger in my right hand. It's not quite as serious as what I had in the Tour. No team deserves that, I feel so bad for Rigo... Breaking bones is something but I know how much pain he was in last night and no one deserves that. We have to keep moving forward. We still have strong motivated riders. Higuera is doing his first Grand Tour, Martinez is riding strong... We have a good group and we have to look ahead."

30-Aug-2019  
06:41:54




**Joanna in New York** Also from the La Vuelta Race Center: Overnight, the teams have reported the injuries caused by said accident on press releases we hereafter quote. Both Hugh Carthy and Rigoberto Uran, riders for EF Education First, "have suffered broken left clavicles." Victor de la Parte (CCC Team) suffers "a fractured scapula and rib on his left side." Nicholas Roche (Team Sunweb) was luckier as he received "a dozen stitches to his forearm" but "despite a lot of road rash, was cleared of any major injury."


30-Aug-2019  
06:46:02

 **Tim in KY** After the race ends today, the riders have a 3 hour transfer to the start of Saturday's stage. And after that stage, a 2:30 transfer to the start of Sunday's stage in Andorra. 30-Aug-2019  
06:50:32


---

 **Tim in KY** We may not get a break established until the start of the first climb 74 km out. 30-Aug-2019  
06:59:36

---

 **Tim in KY** The riders are right along the coast now. Still no firm break. 30-Aug-2019  
07:15:23


---

 **Joanna in New York** Rémi Cavagna (Deceuninck-Quick Step) and Michael Storer (Team Sunweb) have a 23 second lead on the peloton. 30-Aug-2019  
07:16:02

---

 **Joanna in New York** 153km to go 30-Aug-2019  
07:16:16

---

 **Tim in KY** I wouldn't call that "established". Not as hot as predicted just 29C. 30-Aug-2019  
07:16:46


---

 **Tim in KY** "just" 30-Aug-2019  
07:16:59


---

 **Joanna in New York** Agreed, Tim. 30-Aug-2019  
07:17:29


---

 **Tim in KY** An Euski is trying to bridge. 30-Aug-2019  
07:18:47


---

 **Tim in KY** Bridge failed but the lead 2 have 0:42 now. 30-Aug-2019  
07:20:45


---

 **Joanna in New York** All back together. 30-Aug-2019  
07:27:23


---

 **Tim in KY** While this sorts out, I have a chore to get done. 30-Aug-2019  
07:31:13

---

 **Joanna in New York** Yes, about to go make another cup of tea... 30-Aug-2019  
07:34:33

---

 **Joanna in New York** Tejay abandons. 30-Aug-2019  
07:47:50

---



**Joanna in New York** 126.30km and still no break.

30-Aug-2019  
07:48:14



**Joanna in New York** 60km in an hour and a quarter.

30-Aug-2019  
07:52:54



**Joanna in New York** A group of 8 riders have managed a 15" "break".

30-Aug-2019  
07:53:53



**Joanna in New York** We'll see if it sticks, riders not named yet.

30-Aug-2019  
07:54:20



**Joanna in New York** [https://rumbletalk-images-  
upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567166447-  
Screen%20Shot%202019-08-30%20at%207.55.37%20AM.png](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567166447-Screen%20Shot%202019-08-30%20at%207.55.37%20AM.png)

30-Aug-2019  
07:55:49



**Joanna in New York** As I post that, the gap is decreasing. Brief moment of glory for the 8 riders.

30-Aug-2019  
07:56:34



**Joanna in New York** Barthe chasing over the enormous 10 second gap...

30-Aug-2019  
07:57:00



**Joanna in New York** Gap increasing now, the break of 8 has 38 seconds, Barthe still trying to bridge.

30-Aug-2019  
07:57:43



**Joanna in New York** [https://rumbletalk-images-  
upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567166617-  
Screen%20Shot%202019-08-30%20at%207.58.26%20AM.png](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567166617-Screen%20Shot%202019-08-30%20at%207.58.26%20AM.png)

30-Aug-2019  
07:58:38



**Joanna in New York** Another chaser, Marczynski, is after the break.

30-Aug-2019  
07:59:23



**Joanna in New York** And another, Smit.

30-Aug-2019  
07:59:41
















**Joanna in New York** The break now has 1'25" on the peloton at 66km into the race.

30-Aug-2019  
08:00:09



**Joanna in New York** Okay, now off to make some tea. Back in a few.

30-Aug-2019  
08:00:47

-  **Charlie in Tenn** Morning All. Kids and dog and bus all taken care of. Now to chat a little and unload some more boxes. 30-Aug-2019 08:03:01
- 
-  **Joanna in New York** Good morning, Charlie! 30-Aug-2019 08:07:30
- 
-  **Joanna in New York** 110.40km, 1'57" the gap 30-Aug-2019 08:08:16
- 
-  **Joanna in New York** Barthe and Marczynski trail by 30" after 73km. Willie Smith (Katusha-Alpecin) is at 1'05". 30-Aug-2019 08:09:04
- 
-  **Joanna in New York** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567167333-Screen%20Shot%202019-08-30%20at%208.10.24%20AM.png> 30-Aug-2019 08:10:35
- 
-  **Joanna in New York** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567167370-Screen%20Shot%202019-08-30%20at%208.11.00%20AM.png> 30-Aug-2019 08:11:12
- 
-  **Katie** Good morning, all. I've got my tea, Jo, and I am supposed to be on a conference call in 15 minutes ... have just been told it's been canceled. Opens my morning for the bike race. Can't complain. 30-Aug-2019 08:16:14
- 
-  **Joanna in New York** Yup, I'm on my third cup. :-)) 30-Aug-2019 08:16:55
- 
-  **Joanna in New York** Congrats on the Conference Call Cancelation! 30-Aug-2019 08:17:40
- 
-  **Joanna in New York** 2'44" • 100km 30-Aug-2019 08:18:18
- 
-  **Joanna in New York** Two chase group (2 riders/1rider) still in between. 30-Aug-2019 08:18:57
- 
-  **Katie** wait, Jo, you weren't playing a sly little joke about Tejay abandoning, were you? That's for reals? 30-Aug-2019 08:19:09
- 
-  **Joanna in New York** For real. 30-Aug-2019 08:19:19
-



**Katie** i can't find an emoji appropriate for response

30-Aug-2019  
08:19:44



**Joanna in New York** What emotion would you like to express, Katie? :-)

30-Aug-2019  
08:20:06



**Joanna in New York** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567168021-Screen%20Shot%202019-08-30%20at%208.21.50%20AM.png>

30-Aug-2019  
08:22:03



**Joanna in New York** Told ya'

30-Aug-2019  
08:22:11



**Katie** that's pretty good

30-Aug-2019  
08:22:18



**Katie** can i have a gym towel to bite down on?

30-Aug-2019  
08:22:32



**Tim in KY** Hard to ride a bike with a broken finger.

30-Aug-2019  
08:22:35



**Joanna in New York** Jelle Wallays (Lotto Soudal) drops back the chasing group to help his teammate Tomasz Marczyński bridge the gap.

30-Aug-2019  
08:22:48



**Katie** he made it sound like just a teensy-weensy flesh wound, though. But you are absolutely right. A fractured finger is no small thing.

30-Aug-2019  
08:23:10



**Joanna in New York** If if weren't for bad luck, Tejay wouldn't have any luck at all...

30-Aug-2019  
08:23:30



**Joanna in New York** Gap is 3'44", and Smit is back in the peloton.

30-Aug-2019  
08:24:01

















**BusterSci** I can't tell you where the line is, but there comes a time when repeat falling is no longer a luck issue. I can say Tejay has crossed that line.

30-Aug-2019  
08:25:17
















**Joanna in New York** Much to my dismay, my Little Miss Madeleine may end up in the path of Hurricane Dorian. Still several days away, but keeping an eye out.















30-Aug-2019  
08:25:39

-  **Katie** some time ago, i'd add 30-Aug-2019  
08:25:43
- 
-  **Katie** Yikes, Jo 30-Aug-2019  
08:25:54
- 
-  **Joanna in New York** The bridgers have made it, now a break of 10 with a 3'44" gap. 30-Aug-2019  
08:28:01
- 
-  **Joanna in New York** 94.20km to go. 30-Aug-2019  
08:28:08
- 
-  **Charlie in Tenn** Good job by Jelle. Stop helping on the front makes others have to work harder so they wait for the guys to catch up. 30-Aug-2019  
08:30:25
- 
-  **Charlie in Tenn** Ditto on JeJay being to wreck prone. 30-Aug-2019  
08:31:04
- 
-  **BusterSci** Walleye Jelly is having a good race, no? I haven't actually seen any of it, but I have read his name quite a bit. 30-Aug-2019  
08:32:43
- 
-  **Joanna in New York** NRRBBB - Hubby is off with sailing buddies to Stamford, CT this morning to race in the "Vineyard Race". Goes from Stamford, up around the Buzzard's Bay Tower and back. He's hoping he'll be done some time on Sunday. Sounds like Hell to me... 30-Aug-2019  
08:34:25
- 
-  **Charlie in Tenn** Crazy hobbies people pick up. 30-Aug-2019  
08:35:21
- 
-  **Tim in KY** The first climb has started. 30-Aug-2019  
08:35:32
- 
-  **Katie** Vineyard Race, so every time they round a marker, they drink a glass of wine? 30-Aug-2019  
08:35:34
- 
-  **Charlie in Tenn** That would be the spectators listening on the radio. 30-Aug-2019  
08:36:08
- 
-  **BusterSci** He can do the vineyard race, I'll do the tasting room stroll. 30-Aug-2019  
08:36:17
- 
-  **Joanna in New York** I told him I'd rather spend a week at Dressage at Devon in the rain. LOL! Sailing is his passion, horses are mine. We 30-Aug-2019  
08:36:24

completely understand each other.

- 
-  **Joanna in New York** Dark and Stormy is their drink of choice. 30-Aug-2019 08:36:58
- 
-  **Charlie in Tenn** BTW, do the spectators have their own "Pub" where they get together and "watch" the race? 30-Aug-2019 08:37:00
- 
-  **Joanna in New York** There is live tracking on-line for the boats. 30-Aug-2019 08:37:19
- 
-  **Tim in KY** Where is he going to sail in the hinterlands of Virginia, Jo. 30-Aug-2019 08:38:14
- 
-  **Charlie in Tenn** Maggie May out in front. Here comes Red Rabbit on the outside... 30-Aug-2019 08:38:21
- 
-  **Joanna in New York** Annapolis. 30-Aug-2019 08:38:28
- 
-  **Katie** Watching sailing is often more like watching paint dry than watching bike racing ... until it gets gnarly (and, yes, I like watching sailboat racing, too) 30-Aug-2019 08:38:44
- 
-  **Charlie in Tenn** They should have some boat people around there. 30-Aug-2019 08:38:48
- 
-  **Joanna in New York** Just a few... 30-Aug-2019 08:38:57
- 
-  **Tim in KY** That's a bit of a trek. 30-Aug-2019 08:39:06
- 
-  **Joanna in New York** We've sailed around Annapolis quite a bit, it is cool to go around the large ships. 30-Aug-2019 08:39:29
- 
-  **Joanna in New York** When he's retired, he'll drive out to Annapolis, spend a few nights on the boat, then come home. 30-Aug-2019 08:39:51
- 
-  **BusterSci** I'm pleased to be headed home today--been away since Monday. Dad should get transferred back to short stay nursing today and brother's family takes over the visiting. I get to be back for a Dr appt on Tuesday, and measurement for a stump shrinker. 30-Aug-2019 08:40:01



- 
-  **Charlie in Tenn** Explain stump shrinker. 30-Aug-2019  
08:40:34
- 
-  **Joanna in New York** Glad to hear Buster. Has his anger stage subsided? 30-Aug-2019  
08:40:35
- 
-  **BusterSci** Anger lasted 30 minutes. 30-Aug-2019  
08:40:50
- 
-  **Joanna in New York** Average speed over the first two hours is 45.9km. 30-Aug-2019  
08:41:00
- 
-  **Charlie in Tenn** Good to move through those stages at your own pace. 30-Aug-2019  
08:41:16
- 
-  **Joanna in New York** Ah, that is great Buster. What a man your father is. 30-Aug-2019  
08:41:21
- 
-  **Tim in KY** Who's minding the gap? 30-Aug-2019  
08:41:38
- 
-  **Joanna in New York** 3'43" 30-Aug-2019  
08:41:49
- 
-  **Charlie in Tenn** No idea. 30-Aug-2019  
08:41:56
- 
-  **Joanna in New York** Fairly stable. 30-Aug-2019  
08:42:01
- 
-  **Charlie in Tenn** Have not looked 30-Aug-2019  
08:42:03
- 
-  **Tim in KY** It hasn't gone over 4:00, so somebody cares. Unlike yesterday. 30-Aug-2019  
08:42:25
- 
-  **Joanna in New York** No reports of who is on the pointy end of the peloton. 30-Aug-2019  
08:42:28
- 
-  **BusterSci** Stump shrinker: For an above the knee amputation, you need to mold the stump to fit into the "cup" of a prosthesis. So through the use of a heavy compression "sock" and sometimes semi-rigid or rigid casting, and a period of time, 30-Aug-2019  
08:42:29

they get it shaped and prepped.



**Joanna in New York** Ouch.

30-Aug-2019  
08:42:45



**BusterSci** It isn't totally painless but it sounds worse than it is.

30-Aug-2019  
08:43:20



**Joanna in New York** Video should be up in a few minutes.

30-Aug-2019  
08:43:20



**Katie** (of the bike race, I assume ... not the stump-shrinking)

30-Aug-2019  
08:43:47



**Joanna in New York** 90km to go

30-Aug-2019  
08:43:55



**Charlie in Tenn** My thoughts too, Katie.

30-Aug-2019  
08:44:32



**BusterSci** His PT at the hospital said in 17 years she's only seen one other person do what he did morning after surgery. She was hoping she could get him sitting on the edge of the bed, and figured that would be a struggle. His only protest was a repeated "Don't help me!"

30-Aug-2019  
08:45:10



**BusterSci** I, on the other hand, was very grateful that she did help him--by keeping his hospital gown closed.

30-Aug-2019  
08:45:55



**Katie** I like your dad! He's on a long path - you all are - and attitude like that helps so much.

30-Aug-2019  
08:47:45



**BusterSci** Today I'm telling him that although the health care system is taking care of his physical therapy (getting stronger) and occupational therapy (taking care of daily living), I'm taking over his speech therapy, since he's going to need to learn how to talk differently, starting sentences with "Arrrgh" and ending with "Me hearties" or "Matey"

30-Aug-2019  
08:51:19



**Joanna in New York** LOL!

30-Aug-2019  
08:52:18



**Joanna in New York** Puerto del Marianet (cat-3, km 93.7) 1. Sergio Henao (UAE Team Emirates), 3 pts 2. Jelle Wallays (Lotto-Soudal), 2 pts 3. Tomasz Marczyński (Lotto-Soudal), 1 pt

30-Aug-2019  
08:52:34



**BusterSci** I'll tell you a few more from him. Last week he asked "What do they do with the stuff they cut off? Do they give it to Steve Buscemi to throw into his wood chipper?"

30-Aug-2019  
08:54:05



**BusterSci** "Fargo" is the only movie ever made about our neck of the woods.

30-Aug-2019  
08:54:49



**Tim in KY** Right off the Cat 3 and on to the first Cat 2.

30-Aug-2019  
08:56:44



**Katie** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567170196-pirateopener.jpg>

30-Aug-2019  
08:58:18



**Katie** oh my ... well, here's a little gift you can get for him ... a one-legged penguin pirate cork-screw

30-Aug-2019  
08:58:20



**Tim in KY** They are way ahead of the time schedule, not as ahead as yesterday, but ahead.

30-Aug-2019  
08:58:52



**Tim in KY** Annoying song!

30-Aug-2019  
09:00:55



**Joanna in New York** Slow Claps for Katie!

30-Aug-2019  
09:04:08



**Katie** uh-huh

30-Aug-2019  
09:04:35



**Tim in KY** I do not care for CN's new ticker format.

30-Aug-2019  
09:05:26



**BusterSci** Sorry, was eating banana bread. Awesome, Katie. If dad's Fargo comment wasn't morbid enough, my sister in law suggested he make a Christmas Story lamp out of it. We're a weird bunch.

30-Aug-2019  
09:07:39



**Tim in KY** Gap is up to 4:24.

30-Aug-2019  
09:08:54



**Charlie in Tenn** Both Henao brothers in the break. They are on different teams but I think they will help each other.

30-Aug-2019  
09:09:35



**Tim in KY** Peloton starts the first Cat 2.

30-Aug-2019  
09:09:55



**Charlie in Tenn** Henao cousins evidently.

30-Aug-2019  
09:11:11



**bikerabe** cue the Tears For Fears 'Hay now hay now don't dream it's over'

30-Aug-2019  
09:11:13



**Tim in KY** Puerto de Eslida (cat-2, km 104.5) 1. Sergio Henao (UAE Team Emirates), 5 pts 2. Cyril Barthe (Euskadi-Murias), 3 pts 3. Quentin Jauregui (Ag2r La Mondiale), 1 pt.

30-Aug-2019  
09:12:01



**Charlie in Tenn** I am missing the music gene so most music comments go right over my head. I did get the "Hey now" Henao thing.

30-Aug-2019  
09:12:34



**BusterSci** I've tried that line for years, bikerabe, and nobody has reacted to it. I'm going to acknowledge you just because of that.

30-Aug-2019  
09:12:55



**BusterSci** And now there's three of us.

30-Aug-2019  
09:13:11



**Charlie in Tenn** Hopefully, I have cleared up why I missed it through the years.

30-Aug-2019  
09:13:37



**BusterSci** That was the era of music that turned me off listening to any "current" music.

30-Aug-2019  
09:15:00



**Tim in KY** Break is on the second Cat 3.

30-Aug-2019  
09:15:01



**Katie** Nice to see Phil G out there

30-Aug-2019  
09:17:22



**Tim in KY** After this climb crests, it's 35 km until the second Cat 2 starts. In between is the sprint in the start town.

30-Aug-2019  
09:19:50



**bikerabe** Mark Knopfler rules! Dire Straits

30-Aug-2019  
09:20:30



**BusterSci** Probably done for the day. I think I'll join you tomorrow for reals. And that I agree with, Abe.

30-Aug-2019  
09:20:55



**Joanna in New York** <https://rumbletalk-images->

30-Aug-2019

09:20:57

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567171556-IMG\_7784.JPG

---



**Joanna in New York** Sofie, our Shedding Machine

30-Aug-2019

09:21:15

---



**BusterSci** <https://rumbletalk-images->

30-Aug-2019

09:21:43

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567171589-1567171287778.jpeg

---



**BusterSci** Frau sent a proof of life photo.

30-Aug-2019

09:22:12

---



**Joanna in New York** Another stressed pooch.

30-Aug-2019

09:22:19

---



**Joanna in New York** LOL!

30-Aug-2019

09:22:22

---



**Joanna in New York** Movi movi'ng to the front.

30-Aug-2019

09:22:50

---



**Tim in KY** They don't like that 5:00 gap. Astana moves up, too.

30-Aug-2019

09:23:21

---



**Tim in KY** 2 KU. 4:43.

30-Aug-2019

09:24:02

---



**Tim in KY** And the break crests.

30-Aug-2019

09:24:11

---



**Joanna in New York** While some may find it crazy, I'm off to make my 4th cup of tea. It is what I do on my day off. :-)

30-Aug-2019

09:24:19

---



**Tim in KY** Bahrain and the red jersey have completely disappeared from the front.

30-Aug-2019

09:27:36

---

















**Tim in KY** Movi has already cut 0:50 off the gap. 3:59.

30-Aug-2019

09:28:48

---

- 
-  **bikerabe** peloton strung out 62.5 km under 4 min. gap 30-Aug-2019  
09:29:25
- 
-  **Tim in KY** Puerto de Alcludia de Veo (cat-3, km 115.7) 1. Sergio Henao (UAE Team Emirates), 3 pts 2. Tomasz Marczynski (Lotto-Soudal), 2 pts 3. Cyril Barthe (Euskadi-Murias), 1 pt. 30-Aug-2019  
09:33:32
- 
-  **Tim in KY** 54 km 3:16. 30-Aug-2019  
09:38:10
- 
-  **Joanna in New York** How much faster than the imagined time, Tim? 30-Aug-2019  
09:40:38
- 
-  **Joanna in New York** Crash 30-Aug-2019  
09:45:56
- 
-  **Katie** ouch 30-Aug-2019  
09:46:38
- 
-  **Joanna in New York** Looked to be a few riders on the roundabout, amongst the team cars. 30-Aug-2019  
09:46:48
- 
-  **Tim in KY** 10 minutes, Jo. 30-Aug-2019  
09:47:16
- 
-  **Joanna in New York** The Sprint was navigated ages ago, but still waiting on results. 30-Aug-2019  
09:48:26
- 
-  **Joanna in New York** DQS rider down. 30-Aug-2019  
09:48:48
- 
-  **Joanna in New York** Knox, it seems. 30-Aug-2019  
09:48:57
- 
-  **Joanna in New York** Road is currently flat and straight, not sure what happened. 30-Aug-2019  
09:49:34
- 
-  **Joanna in New York** Intermediate sprint - Onda (km 130) 1. Jelle Wallays (Lotto-Soudal), 4 pts, 3" 2. Michael Storer (Team Sunweb), 2 pts, 2" 3. Gianluca Brambilla (Trek-Segafredo), 1 pt, 1" 30-Aug-2019  
09:50:02
- 
-  **Tim in KY** Knox has abandon. 30-Aug-2019  
09:50:26



**bikerabe** Madrazo otb

30-Aug-2019  
09:51:39



**Tim in KY** The blue dots had a mechanical and is working his way back with a teammate.

30-Aug-2019  
09:51:47



**Katie** The sure curse a lot in this race. Every day, it's dam dam dam

30-Aug-2019  
09:54:06



**Joanna in New York** Movi doing a TTT on the front of the peloton.

30-Aug-2019  
09:55:06



**Tim in KY** Next climb starts at 32.5 km to go.

30-Aug-2019  
10:00:41



**Joanna in New York** 2'53" the gap with 38km to go.

30-Aug-2019  
10:01:13



**Joanna in New York** Watching The Weather Channel and I can honestly say that one the jobs I would never be interested in doing is flying a plane into a hurricane...

30-Aug-2019  
10:03:22



**Charlie in Tenn** Over at the Tour of Germany, Remco Evenepoel (Deceuninck-QuickStep) is doing his thing again. The 19-year-old attacked with 105km to race and with 18km left on stage 2 he's 1 min up. DQS is sending riders everytime anyone tries to attack.

30-Aug-2019  
10:03:40



**Joanna in New York** EF's Higueta had a wheel change a bit ago and he is about 45 seconds behind the peloton.

30-Aug-2019  
10:05:48



**Charlie in Tenn** I know one of the Weather Channel guys, Warren Madden, that does that kind of thing. He likes it.

30-Aug-2019  
10:06:09



**Charlie in Tenn** EF is truely snake bitten this race.

30-Aug-2019  
10:07:17



**Joanna in New York** Moribito has a mechanical and is standing over his bike on the side of the road, adjacent some fans.

30-Aug-2019  
10:07:41



**Tim in KY** Higueta in the cars now. An FDJ has a mechanical now.

30-Aug-2019  
10:07:43



**Joanna in New York** DAM!

30-Aug-2019  
10:08:04



**Joanna in New York** The sky looks pretty ominous in the distance.

30-Aug-2019  
10:08:33



**Katie** Charlie, maybe you mean wasp-bitten ... given Jonathan Vaughters' previous experience

30-Aug-2019  
10:09:12



**Katie** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567174462-vaughters.jpg>

30-Aug-2019  
10:09:23



**Tim in KY** 1 KU 2:39

30-Aug-2019  
10:09:52



**Charlie in Tenn** That is not a good look.

30-Aug-2019  
10:10:29



**Tim in KY** Higuita is back in the peloton.

30-Aug-2019  
10:10:35



**Tim in KY** Starting the second Cat 2.

30-Aug-2019  
10:11:08



**Tim in KY** The break is.

30-Aug-2019  
10:11:13



**Joanna in New York** From the La Vuelta Race Center: Alejandro Valverde (Movistar Team) expressed strong ambitions this morning: "It's such a hard climb that there won't be much differences between the top riders... But who knows, after many demanding stages, we can have surprises. We're taking this stage as an opportunity to open gaps - there are opportunities. It's like the Tour de France, people wondering who's the leader while we're actually racing as a team. We're happy with whoever is at the front. What we're not going to do is hurt each other. There aren't any problems between us."

30-Aug-2019  
10:11:35



**Joanna in New York** Make of that what you will...

30-Aug-2019  
10:11:51



**Joanna in New York** Bennett OTB, riding his own tempo.

30-Aug-2019  
10:13:42





**Tim in KY** Peloton on the climb now.

30-Aug-2019  
10:13:49



**Joanna in New York** Moto way too close!

30-Aug-2019  
10:14:17



**Joanna in New York** Yikes!

30-Aug-2019  
10:14:21



**Joanna in New York** Marczynski goes!

30-Aug-2019  
10:14:32



**Joanna in New York** Now Gilbert takes the lead.

30-Aug-2019  
10:15:04



**Joanna in New York** The break is now in two.

30-Aug-2019  
10:15:25



**Tim in KY** This is a long climb, 9.5 km.

30-Aug-2019  
10:15:40



**Joanna in New York** Gilbert and Marczynski are ahead with S Henao

30-Aug-2019  
10:18:03



**Tim in KY** Sergio.

30-Aug-2019  
10:18:18



**Joanna in New York** They have 21 seconds over the remainder of the break. Marczynski dropped

30-Aug-2019  
10:18:38



**Tim in KY** Dropped like a rock.

30-Aug-2019  
10:18:59



**Joanna in New York** Peloton at 1'57"

30-Aug-2019  
10:19:42



**Joanna in New York** This climb is doing significant damage, the next one will annihilate the peloton...

30-Aug-2019  
10:20:29



**Joanna in New York** Brambilla catches the leaders.

30-Aug-2019  
10:23:24



**Joanna in New York** So folks, any guesses who will take the stage? Who is primed to win at the top of Mas de la Costa?

30-Aug-2019  
10:25:24



**Tim in KY** Red Jersey OTB.

30-Aug-2019  
10:25:28



**bikerabe** after peloton sweeps up break

30-Aug-2019  
10:25:34



**Charlie in Tenn** Movistar will win or superman

30-Aug-2019  
10:26:01



**Joanna in New York** Dudes all over the road.

30-Aug-2019  
10:26:21



**bikerabe** test for Nairo

30-Aug-2019  
10:26:53



**Tim in KY** 25 km banner for the leaders.

30-Aug-2019  
10:27:24



**Tim in KY** Tao attacks the peloton.

30-Aug-2019  
10:28:45



**David Stanley** Good morning from the Mitten. Here in my little classroom/lab, I have no one peeping over my shoulder.

30-Aug-2019  
10:29:02



**Tim in KY** Tao pedals like Froome.

30-Aug-2019  
10:29:50



**Joanna in New York** Tao taking the stage would be great for Team Tourmalet J, and for Team The Pain in Spain. :-)

30-Aug-2019  
10:30:58



**Joanna in New York** Hi DStan!

30-Aug-2019  
10:31:27



**David Stanley** I'd love to see Tao win just because a) His name is awesome and b) he's paid his dues. Hi back, Jo.

30-Aug-2019  
10:32:33



**Tim in KY** Leader crest 10 minutes faster than the..

30-Aug-2019  
10:33:40



**Tim in KY** Tao not getting any time.

30-Aug-2019  
10:35:38



**Tim in KY** Down hill now for 11 km then back up to the line.

30-Aug-2019  
10:37:50



**Tim in KY** Puerto del Salto del Caballo (cat-2, km 161.1) 1. Sergio Henao (UAE Team Emirates), 5 pts 2. Philippe Gilbert (Deceuninck-Quick Step), 3 pts 3. Gianluca Brambilla (Trek-Segafredo), 1 pt.

30-Aug-2019  
10:38:41



**Tim in KY** Movi gaining time on the descent, which is hard to do.

30-Aug-2019  
10:41:53



**bikerabe** Superman back in roja at finish

30-Aug-2019  
10:45:37



**bikerabe** Hiquita abandons

30-Aug-2019  
10:46:43



**Joanna in New York** Astana moves to the front.

30-Aug-2019  
10:47:10



**Tim in KY** Gilbert out by himself.

30-Aug-2019  
10:47:12



**bikerabe** Astana at hpeloton head

30-Aug-2019  
10:47:50



**bikerabe** peloton

30-Aug-2019  
10:48:01



**Tim in KY** Sergion joins Gilbert.

30-Aug-2019  
10:49:04



**Tim in KY** 9 km banner.

30-Aug-2019  
10:51:23



**bikerabe** Hiquita crashed no abandon, yet De la Cruz dropped

30-Aug-2019  
10:52:36



**David Stanley** RUnning on text updates here. Things look good for Phil Gilbert's stage win chances?

30-Aug-2019  
10:53:08



**Tim in KY** Probably not DStan.

30-Aug-2019  
10:53:38



**Tim in KY** Not the officail start, but the road is going up again.

30-Aug-2019  
10:54:08



**David Stanley** Drat. What's left of the break is going to get caught on the climb aren't they?

30-Aug-2019  
10:54:15



**Tim in KY** I think so.

30-Aug-2019  
10:54:42



**Katie** I sure would like to see Gilbert win it, but I fear it's not to be

30-Aug-2019  
10:55:17



**Tim in KY** 4 km banner.

30-Aug-2019  
10:57:09



**Tim in KY** Climb starts.

30-Aug-2019  
10:57:37



**Tim in KY** really crappt pavement.

30-Aug-2019  
10:58:10



**Joanna in New York** Navarro apparently crashed, ripped kit and road rash.

30-Aug-2019  
10:58:41



**Tim in KY** Lots of JV left in the GC group.

30-Aug-2019  
10:59:20



**Joanna in New York** Break absorbed.

30-Aug-2019  
10:59:21



**David Stanley** Man oh man, you gotta hate a climb at the end of 185 km of racing that starts out plenty steep. And then gets steeper. Ah, the vuelta.

30-Aug-2019  
11:00:33


















**Joanna in New York** Oooooomph!















30-Aug-2019  
11:01:08

















**Joanna in New York** Quintana goes.

30-Aug-2019  
11:01:20

-  **Joanna in New York** Quintana, Roglic, Valverde, Lopez at the front. 30-Aug-2019  
11:04:02
- 
-  **Joanna in New York** Quintana presses it. 30-Aug-2019  
11:04:11
- 
-  **Joanna in New York** Roglic goes 30-Aug-2019  
11:04:33
- 
-  **Joanna in New York** Jeez this is steep! 30-Aug-2019  
11:04:45
- 
-  **Tim in KY** 2 km banner. 30-Aug-2019  
11:05:09
- 
-  **Trish in MA** Just in time. 30-Aug-2019  
11:05:27
- 
-  **David Stanley** Ruglick? VENG VENG VENG! 30-Aug-2019  
11:05:45
- 
-  **Tim in KY** Lopez struggling. 30-Aug-2019  
11:06:24
- 
-  **Joanna in New York** Brutal, brutal climb. 30-Aug-2019  
11:06:36
- 
-  **Joanna in New York** Roglic looks good, as does Quintana. 30-Aug-2019  
11:07:27
- 
-  **Joanna in New York** Valverde and Lopez still with them. 30-Aug-2019  
11:07:36
- 
-  **Joanna in New York** Quintana goes 30-Aug-2019  
11:07:41
- 
-  **Joanna in New York** 1.4km to go 30-Aug-2019  
11:08:29
- 
-  **Joanna in New York** Seriously on the edge of my seat. 30-Aug-2019  
11:08:51
- 
-  **Joanna in New York** Q goes! 30-Aug-2019  
11:09:05

- 
-  **David Stanley** I've got Roglic in my team, but no lie, I would love to see Nairo give the ole middle finger salute to his old team. 30-Aug-2019 11:09:08
- 
-  **Joanna in New York** Lopez matches, as does Roglic. 30-Aug-2019 11:09:21
- 
-  **Trish in MA** 3 mins to go 0.6 km? That is steep! 30-Aug-2019 11:09:32
- 
-  **Joanna in New York** Works for me, DStan, I have them both. :-)) 30-Aug-2019 11:09:37
- 
-  **Joanna in New York** 1km 30-Aug-2019 11:10:04
- 
-  **David Stanley** And that might explain, Jo, why you are top of the table. 30-Aug-2019 11:11:30
- 
-  **Joanna in New York** A rarity, to be sure! 30-Aug-2019 11:11:44
- 
-  **Joanna in New York** Valverde leading. 30-Aug-2019 11:12:10
- 
-  **Joanna in New York** 200km 30-Aug-2019 11:12:16
- 
-  **Joanna in New York** Roglic serious 30-Aug-2019 11:12:24
- 
-  **Joanna in New York** Valverde goes 30-Aug-2019 11:12:41
- 
-  **Joanna in New York** gaps to lopez and Q 30-Aug-2019 11:12:49
- 
-  **Joanna in New York** Valverde! 30-Aug-2019 11:12:55
- 
-  **Joanna in New York** Roglic second 30-Aug-2019 11:13:00
-

-  **Joanna in New York** Time gap to Lopez, then Q 30-Aug-2019 11:13:11
- 
-  **bikerabe** Valverde ! 30-Aug-2019 11:13:26
- 
-  **Joanna in New York** Majka and Pogacar coming in. 30-Aug-2019 11:13:27
- 
-  **David Stanley** How does a 39 YO guy do that? 30-Aug-2019 11:13:40
- 
-  **bikerabe** age experience treachery 30-Aug-2019 11:13:41
- 
-  **Joanna in New York** What a great stage! What a brutal climb. 30-Aug-2019 11:13:48
- 
-  **Joanna in New York** Aru in, then Bennet. 30-Aug-2019 11:13:57
- 
-  **David Stanley** Sure, bikerabe, let's go with that. Dude has always known how to suffer. 30-Aug-2019 11:14:08
- 
-  **Joanna in New York** Bennett 30-Aug-2019 11:14:10
- 
-  **Katie** great finish! 30-Aug-2019 11:14:15
- 
-  **David Stanley** I'll be able to catch the GCN highlights after lunch. 30-Aug-2019 11:14:38
- 
-  **Joanna in New York** Chaves and Nieve in, and stopped dead in their tracks. 30-Aug-2019 11:14:54
- 
-  **Trish in MA** Can't wait to see the highlights. 30-Aug-2019 11:15:36
- 
-  **David Stanley** BTW- I'm narrating Bill McGann's Tour 2019 audiobook. When it hits the virtual shelves, if anyone wants a free download, let me know. I get 25 freebies to share amongst my friends and influencers. Sould be for sale by mid-September. 30-Aug-2019 11:15:47
-



**Joanna in New York** Wonderful DStan, thanks!

30-Aug-2019  
11:16:13



**Joanna in New York** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567178509-Screen%20Shot%202019-08-30%20at%2011.16.38%20AM.png>

30-Aug-2019  
11:16:51



**David Stanley** I will catch you guys tomorrow. I have to continue my preparation to educate today's youth. Classes start here on Tuesday.

30-Aug-2019  
11:16:59



**David Stanley** BTW- that is one incredible top five. Whoa. Glad to see Majka back on form.

30-Aug-2019  
11:17:38



**Charlie in Tenn** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567178578-stage%207%20top%204.PNG>

30-Aug-2019  
11:18:00



**Charlie in Tenn** Top 4 GC

30-Aug-2019  
11:18:10



**Katie** Thanks, everyone. See you tomorrow.

30-Aug-2019  
11:19:06



**Joanna in New York** Okay, that's it for me. Teaching tomorrow but hope to see you all on Sunday. J

30-Aug-2019  
11:19:24



**Charlie in Tenn** Much closer finish than I imagined.

30-Aug-2019  
11:19:47



**memb54** Good morning! Just got here when everyone is leaving? :D

30-Aug-2019  
11:19:50



**Charlie in Tenn** Yep. BTW, TIZ has replays of all the stages.

30-Aug-2019  
11:20:21



**Charlie in Tenn** I will post the top 10s in a few minutes.

30-Aug-2019  
11:20:57



**memb54** David count me in please for the audiobook

30-Aug-2019  
11:21:02





**Charlie in Tenn** I would like a copy David.

30-Aug-2019  
11:21:34

---



**memb54** Thanks Charles. I'll see if i can find the replays

30-Aug-2019  
11:21:44

---



**Charlie in Tenn** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1567178909-stage%207.PNG>

30-Aug-2019  
11:23:31

---