



Tim in KY VaE Stage 4 is a short 105-kilometer spaghetti pile of roads entirely within Andorra.

08-24-2026
03:31:32 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787600213-stage-4-route.jpg>

08-24-2026
03:31:55 pm



Tim in KY The profile is entirely up and down with three Cat 1s and a Cat 3. The first mountain begins from the start. The Port d'Envalira drags up for over 23 kilometers at an average gradient of 5.1%, with ramps up to 12%. The steeper sections come in the final third of the climb. After a 25-Km descent, the Collada de Beixalis starts. Less daunting because it's relatively short, but still far from gentle. The Beixalis measures 6.5-Km at an average of 8.5%, with gradients hitting 16%. The final Cat 1 is the Col d'Ordino, 9.9-Km at an average gradient of 7%. At the summit, there are still 26.1-Km to go, most of which are downhill. The Cat 3 crests just 5 Km from the finish.

08-24-2026
03:32:29 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787600264-stage-4-profile.jpg>

08-24-2026
03:32:46 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787600281-stage-4-envalira.jpg>

08-24-2026
03:33:02 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787600299-stage-4-beixalis.jpg>

08-24-2026
03:33:21 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787600320-stage-4-ordino.jpg>

08-24-2026
03:33:42 pm



Tim in KY Kilometer zero is scheduled for 14:50 CEST. Finish is imagined either side of 17:30. Forecast is for sunshine in the low-20s. Peacock stream begins before the start.

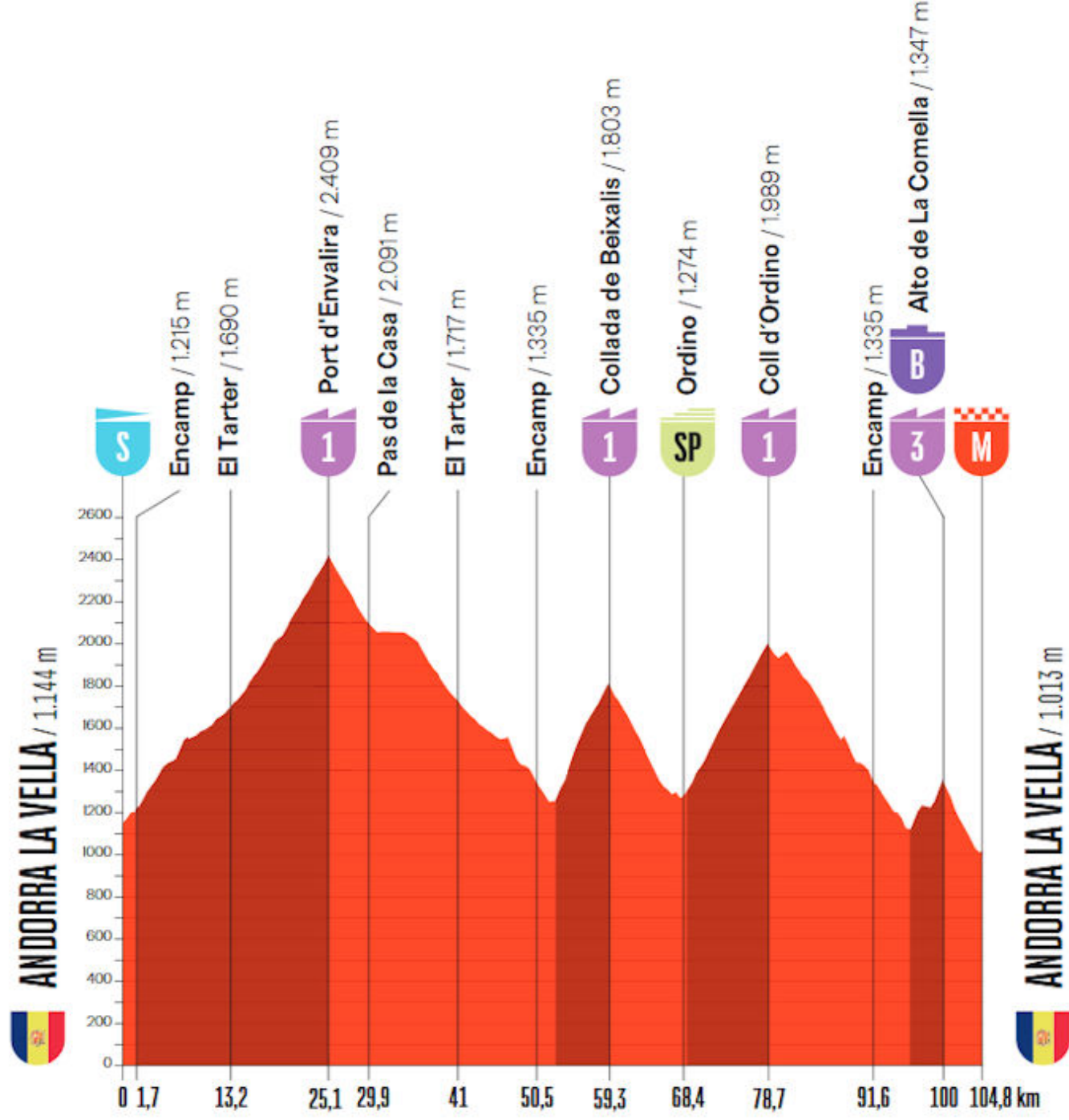
08-24-2026
03:34:26 pm

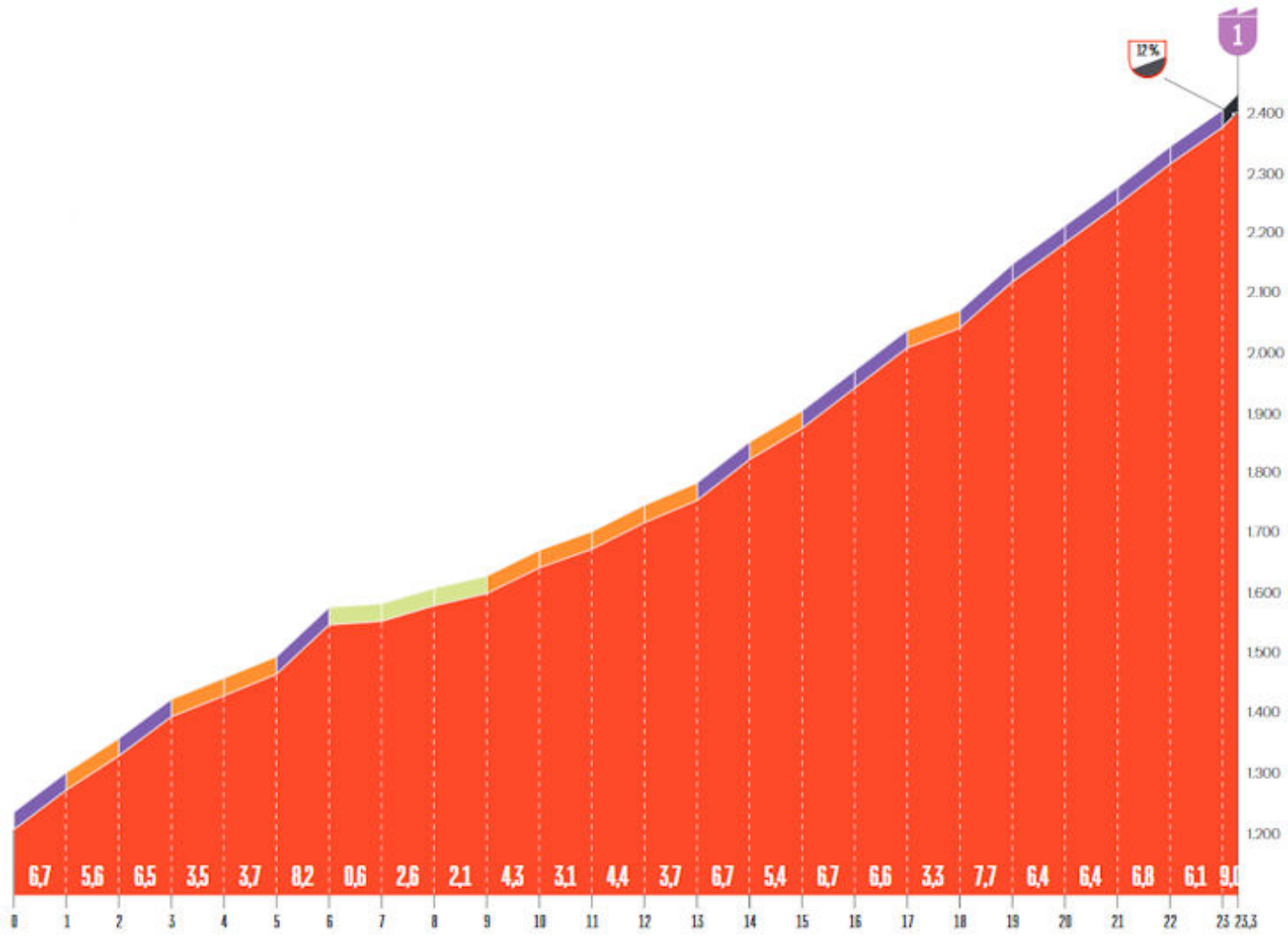


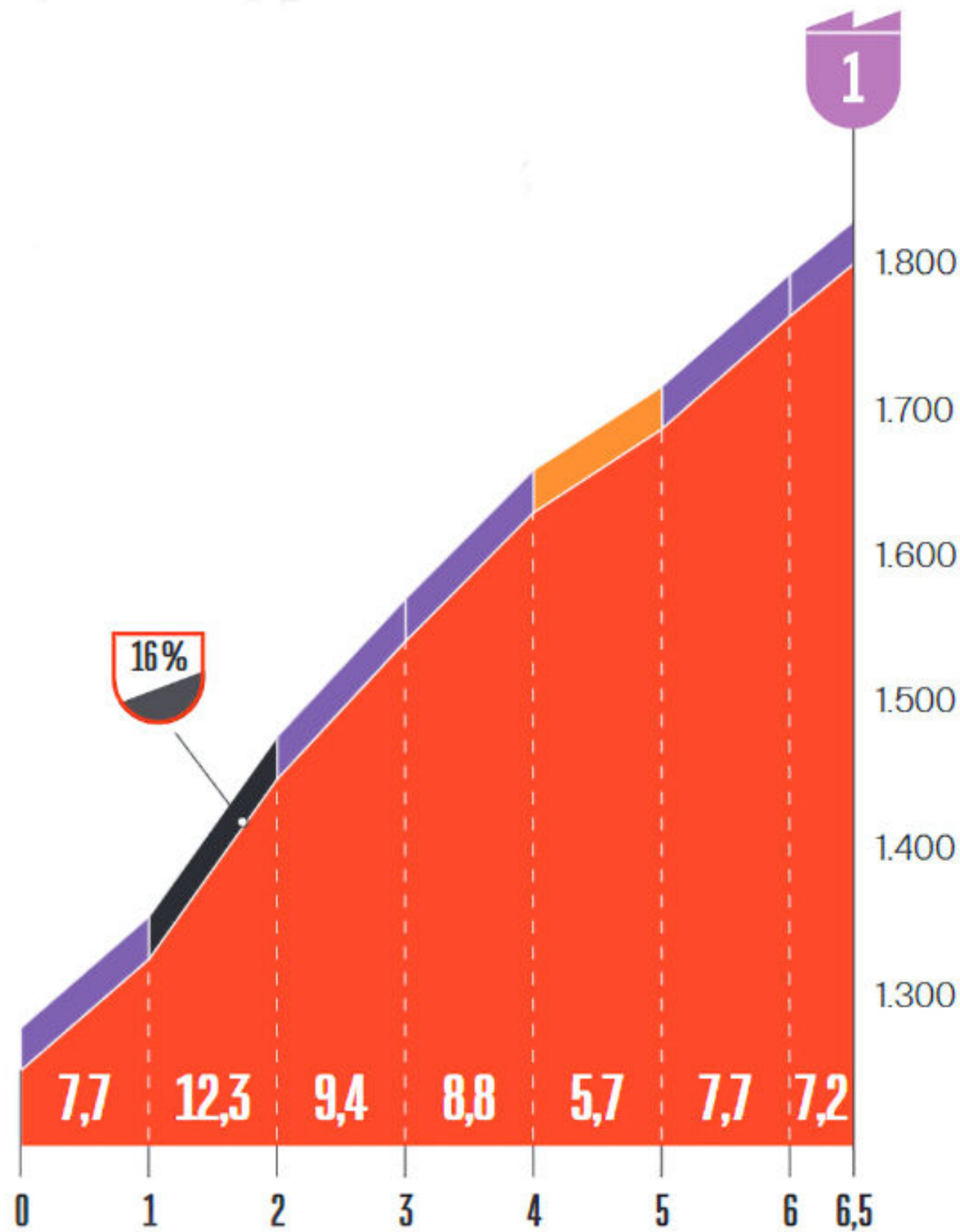
Tim in KY Alex Kirsch (Cofidis) DNF stage 3 due to crash injuries. No DNS so far today.

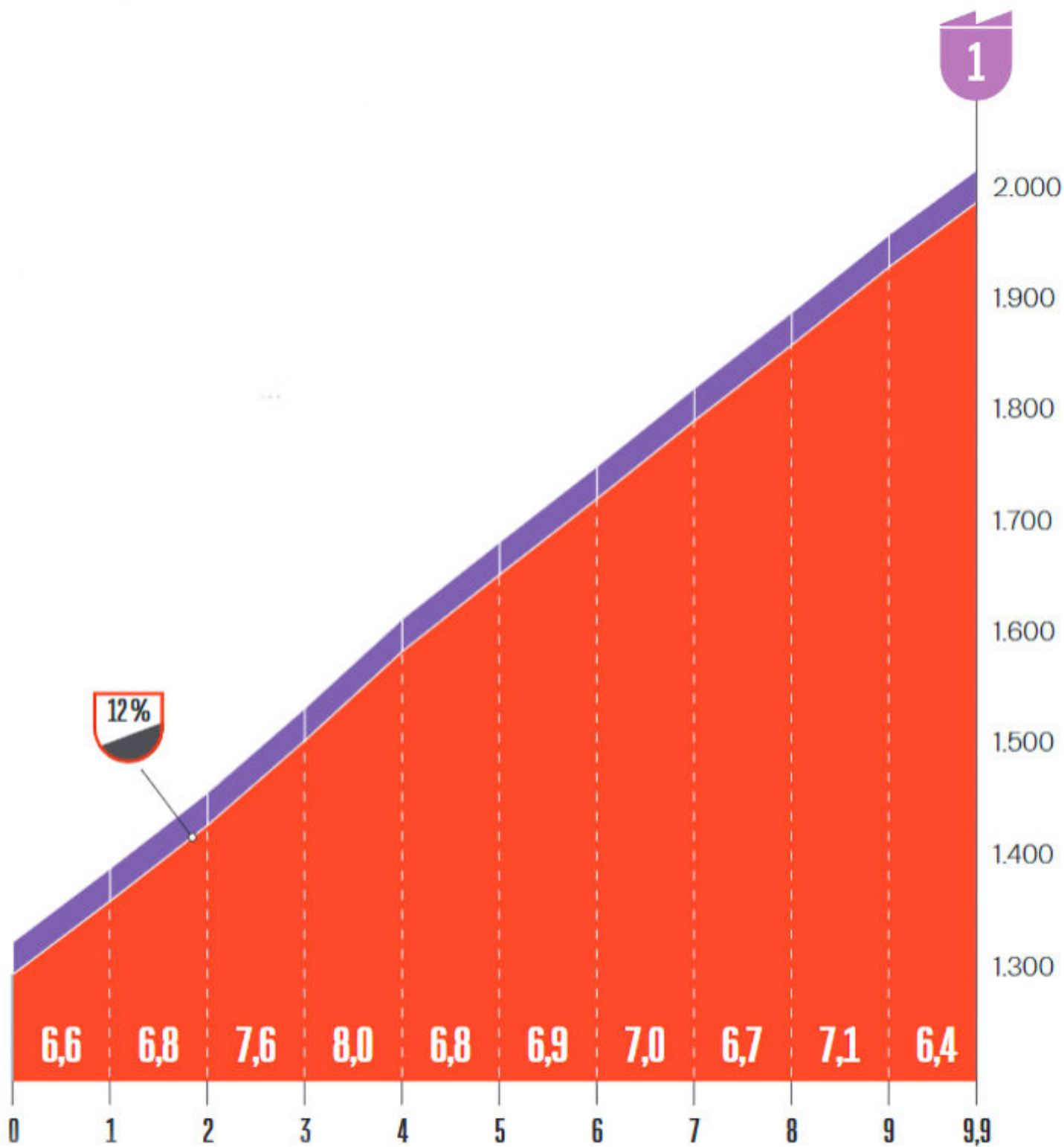
08-25-2026
06:21:33 am













Tim in KY There were no fines yesterday.

08-25-2026
06:22:24 am



Tim in KY Weather forecast is unchanged.

08-25-2026
06:22:46 am



Rocket City Gal <https://www.facebook.com/share/r/1D75NccPmk/?mibextid=wwXlfr>

08-25-2026
07:21:08 am



Rocket City Gal The videos from yesterday have been pretty epic. This one claims that the storm killed a bunch of pigeons. Hail?

08-25-2026
07:23:08 am

Lightning? Or totally unrelated? Who knows. At least the riders had better sense than the race organization. There was so much hail that by the time it was over the ground was white like snow.



Rocket City Gal Kuss lives around this area and knows the roads well. It would be cool if he could pull off a "W." But I doubt Pog will let him.

08-25-2026
07:24:53 am



Tim in KY Kuss has won races in Andorra (where he lives) but I don't know if Pog was in them.

08-25-2026
07:52:23 am



Tim in KY I don't think there's any neutral today.

08-25-2026
08:44:00 am



Katie S And they're off!

08-25-2026
08:44:51 am



Katie S Just had a shower, got my tea, sat down and suddenly appears a frail, old but spunky cat on my lap.

08-25-2026
08:46:21 am



Tim in KY The time schedule says there's no neutral but it sure looks like one.

08-25-2026
08:48:09 am



Katie S Super texts/posts about yesterday's impromptu hosts for wet, frigid cyclists.

08-25-2026
08:48:20 am



Mikey Good Morning Just a quick in and out today off to the food bank hope to see the end today but its unlikely I'll be back in time. At least I know there is a race Also thought of Mons Hail Mary!

08-25-2026
08:51:07 am



Mikey Ba

08-25-2026
08:52:05 am



Katie S Enjoy the day, Mikey

08-25-2026
08:52:40 am



Trish in MA Good morning all. I'm also in and out today. What a surprise ending to yesterday!

08-25-2026
09:02:31 am



Katie S Good morning, Trish.

08-25-2026
09:02:57 am



Tim in KY Doesn't look very steep. TV is deceptive like that.

08-25-2026
09:04:38 am



Trish in MA I have a NRRBBB question. Has anyone used a comfort blanket/plushie for their pet? We think our cat could use one. He's probably missing his brother and wants constant attention. If he doesn't get enough attention when he wants it, he pees all over the house. We've tried pheromones, music, Some medications, different litter, etc. Vet has also diagnosed him with hypertension so he's about to start on amlodepein. But I think he misses the cuddling he and his brother did

08-25-2026
09:08:15 am



Tim in KY No experience like that with our cats, Trish.

08-25-2026
09:13:14 am



Katie S Nor here. Our cat is on amlodipine as well. I think trying a comfort blanket/plushie is a good idea.

08-25-2026
09:18:17 am



Rocket City Gal Trish —How old is the cat? How long has he been without his brother? Feliway makes a spray pheromone in addition to the plug ins. I think getting a plushie toy about the same size as his brother and a comfortable blanket and spraying both with the pheromone stuff might be something to try. He clearly wants more interaction, so try a couple of 15 minute play sessions with him daily.

08-25-2026
09:18:23 am



SFinAus Good morning, all. Wow, I left just before things got interesting yesterday. What a crazy finale.

08-25-2026
09:18:44 am



SFinAus Sorry, Trish, I don't have any suggestions.

08-25-2026
09:19:22 am



Tim in KY The heavily bandaged Outerbanks is already OTB.

08-25-2026
09:19:22 am



Trish in MA I expect there are many folks OTB even if not heavily bandaged

08-25-2026
09:21:45 am



Rocket City Gal We were driving back from Virginia yesterday... eye went south over the weekend and I'm still waiting to hear from eye doc's office. I really wanted to stay where the highs were in the low 70s instead of coming back to HotHumidHell. Missed all the excitement of yesterdsy's finale. That hail had to hurt!

08-25-2026
09:22:09 am



Rocket City Gal Trish — I'm also assuming vet has ruled out any urinary issues and thinks this is behavioral.....

08-25-2026
09:23:03 am



Trish in MA RCG. Not urinary but could be hypertension. labs should be back on Weds to rule out other things like kidneys etc. He started doing this before Raffi died, but it's gotten worse since. It feels behavioral

08-25-2026
09:25:39 am



SFinAus Sorry to hear that, RCG

08-25-2026
09:25:40 am



Trish in MA I'm outta here for the day. Hoping for Anybody But Pog. Won't happen but a person can wish.

08-25-2026
09:30:07 am



Katie S Have a good one

08-25-2026
09:30:37 am



Katie S Yesterday's menu topic: Eggplant. I ended up doing a Shanghainese recipe and also did a stir fry of cabbage and carrots. Very tasty.

08-25-2026
09:32:00 am



SFinAus Last night among all I was reading I saw a link for comments for the hotel/impromptu refuge. It had been flooded with hundreds of five star ratings/comments for the way they took in all those freezing wet riders and immediately started handing out towels, coffee, tea and whatever they could do. Pog picked a great spot. Lots of funny ones with speculative accounts of a mob of wet cyclists burst in and hung around for a bit.

08-25-2026
09:35:00 am



John Those reviews are great! The one from Urska's boyfriend was classic

08-25-2026
09:36:31 am



Tim in KY First Cat 1 accomplished.

08-25-2026
09:46:19 am



Alaska Dave Good Morning from the misty rainforest. All cool here, 49 this morning. 08-25-2026 09:49:56 am



Alaska Dave We survived our annual jokuhlhaups/GLOF (Glacial Lake Outburst Flood) with very minimal damage. Dry weather helped. Crest was 2 feet lower than predicted. 08-25-2026 09:55:45 am



Tim in KY Breakless on the descent. That could be misinterpreted. 08-25-2026 09:57:27 am



Tim in KY 2 KU to go. 08-25-2026 09:58:07 am



Tim in KY At the slowest imaginable right now. 08-25-2026 09:58:58 am



Tim in KY On the second Cat 1. 08-25-2026 10:12:12 am



Tim in KY Sigh. Pog just can't help it. 08-25-2026 10:20:18 am



Alaska Dave There he goes. 50km breakaway. Same old same old. 08-25-2026 10:22:16 am



SFinAus Geez, Pog gonna Pog. 08-25-2026 10:22:33 am



SFinAus Unfortunately an in-person meeting has popped up and I've got to go. Thanks, all. See you tomorrow. 08-25-2026 10:24:09 am



Rocket City Gal Pogi McGreedy just can't help himself. 08-25-2026 10:31:51 am



Rocket City Gal I missed what happened to Wheatiesbox. He's +7:30 now. Did he crash yesterday? 08-25-2026 10:36:13 am



Tim in KY He crashed Sunday. Is bandaged up like a mummy. 08-25-2026 10:37:30 am



Katie S Pog's attacks don't really bother me. I'd be curious how other folks would like to see him race instead. I also would like to know why he is so much better than everyone else. 08-25-2026 10:46:04 am



Tim in KY Indeed. Why is he so much better?

08-25-2026
10:55:17 am



Katie S I think it is a combination of physiological and psychological advantages. I just hope it's not chemical advantages. I wonder how much seemingly being a chill dude actually factors in, versus someone who is more tense.

08-25-2026
10:57:27 am



Tim in KY Another 3 hour+ transfer tonight.

08-25-2026
11:02:24 am



Katie S ugh

08-25-2026
11:06:55 am



Katie S local news: a 101 year old bike shop in a suburban town is closing because the landlord wants to put in a dance studio.

08-25-2026
11:15:17 am



Tim in KY Why couldn't the bike shop find a new place?

08-25-2026
11:19:10 am



Katie S the owner, 64, decided to just retire. He bought the shop in 1991 from his dad, who bought it from the original owner's widow in 1968.

08-25-2026
11:20:59 am



Tim in KY On the Cat 3 final climb.

08-25-2026
11:21:43 am



Katie S Hank & Frank Bicycles. Apparently there was never a Hank, which I guess was a little joke by the original owner

08-25-2026
11:22:25 am



Katie S pog fistbumps a bud on the side of the road. Conjecture is 'twas Adam Yates

08-25-2026
11:26:22 am



Tim in KY Didn't look like Yates to me.

08-25-2026
11:27:14 am



Katie S me either

08-25-2026
11:27:47 am



Tim in KY So...

08-25-2026
11:34:34 am



Katie S we have a winner!

08-25-2026
11:35:02 am

RNK RIDER		UCI	PNT	TIME
1	 POGAČAR Tadej UAE Team Emirates - XRG	180	80	2:40:35
2	 WIDAR Jarno Lotto Intermarché	130	50	2:39
3	 GALL Felix Decathlon CMA CGM Team	95	35	"
4	 ONLEY Oscar Netcompany INEOS	80	25	"
5	 KUSS Sepp Team Visma Lease a Bike	60	18	"
6	 MAS Enric Movistar Team	45	15	"
7	 ROGLIČ Primož Red Bull - BORA - hansgrohe	40	12	"
8	 CARAPAZ Richard EF Education - EasyPost	35	10	2:57
9	 SKJELMOSE Mattias Lidl - Trek	30	8	3:17



Rocket City Gal He's gonna just wear the red jersey for the entire race. 08-25-2026 11:36:16 am



Katie S did anyone decide not to pick Pog in VG and spend the money on the other contenders? 08-25-2026 11:37:37 am



Rocket City Gal https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1787672616-IMG_2630.jpeg 08-25-2026 11:38:37 am



Rocket City Gal Does this mean Pog will lead mountains also? (In addition to Points)? 08-25-2026 11:39:19 am



Katie S they're already designing the patchwork jersey, I imagine 08-25-2026 11:39:53 am



Katie S all righty. Must dump the cat off the lap and get on with the day. Thanks for being here. 08-25-2026 11:40:33 am