



Tim in KY TdF Stage 5 is 163 kilometers through the Pyrenees from Pau to Laruns. The route is very much like a stage in 2020 that was won by Pogacar. 07-04-2023 01:59:25 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688493876-stage-5-route.jpg> 07-04-2023 01:59:37 pm



Tim in KY The first 71 kilometers are essentially flat. The second half of the stage offers three categorized climbs, an HC, a Cat 3 and a Cat 1. The HC and Cat 1 both have significant section of double-digit gradient. After cresting the Cat 1 there is 11 km of descent and 7 km of flat to the finish. 07-04-2023 02:00:18 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688493927-stage-5-profile.jpg> 07-04-2023 02:00:28 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688493941-stage-5-soudet.jpg> 07-04-2023 02:00:42 pm



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688493965-stage-5-marie-blanche.jpg> 07-04-2023 02:01:06 pm



Tim in KY Kilometer zero is scheduled for 13:25 CEST. Finish is imagined either side of 17:35. Forecast is for clouds with a 50% chance of rain on the final descent. Temps in the low-20s. 07-04-2023 02:01:44 pm



mmcally <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688555062-1688554762191.jpeg> 07-05-2023 06:59:24 am



mmcally Good morning. Â Pau is a wonderful city and of course, a Tour regular. 07-05-2023 07:00:49 am



Joanna in Virginia Good morning, great photo! 07-05-2023 07:03:25 am



mmcally Thanks, Jo. That was from my trip last summer when Deb and I were looking at properties. 07-05-2023 07:05:02 am



PAU

Km 0

PYRÉNÉES ATLANTIQUES

Col de Marie-Blanche

1 B

1035 m

3 Col d'Ichère

Lanne-en-Barétous

S

Col de Soudet HC

1540 m

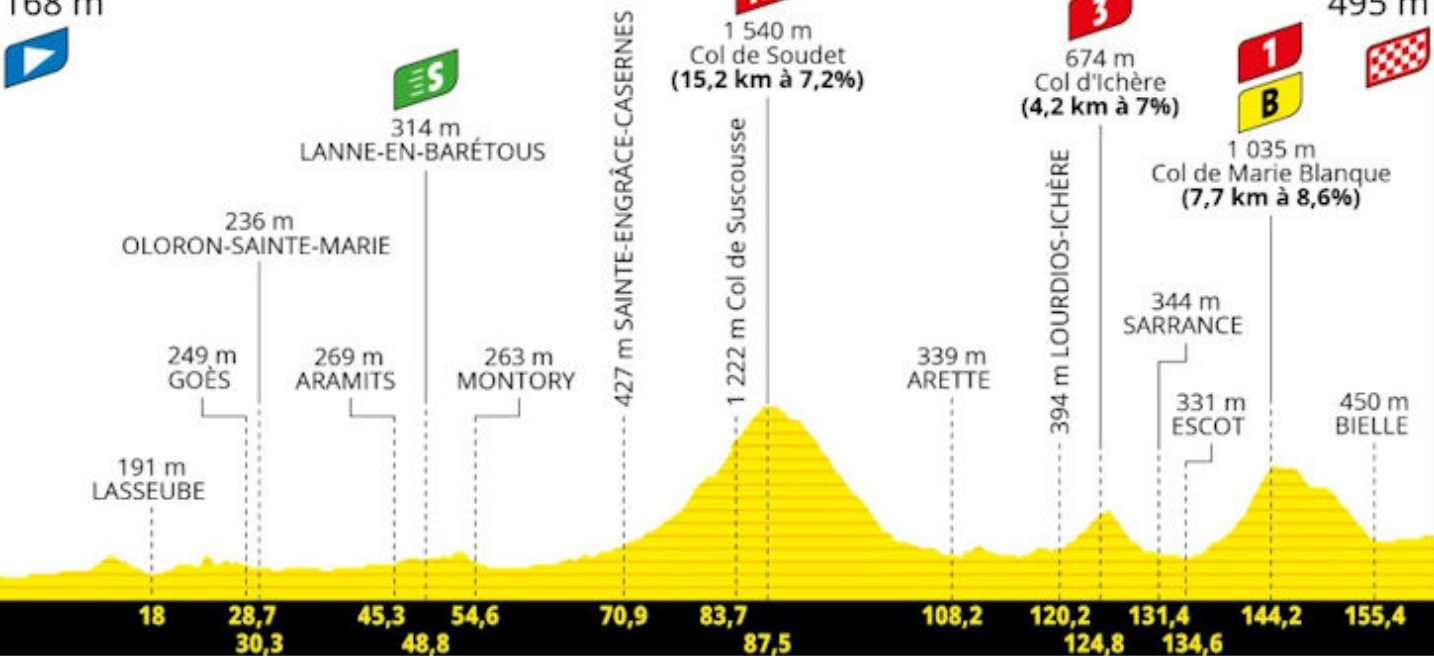
LARUNS

PAU

168 m

**LARUNS**

495 m



PYRÉNÉES-ATLANTIQUES

0

162,7 km

1 540 m
Col de Soudet
(15,2 km à 7,2%)674 m
Col d'Ichère
(4,2 km à 7%)1 035 m
Col de Marie Blanque
(7,7 km à 8,6%)



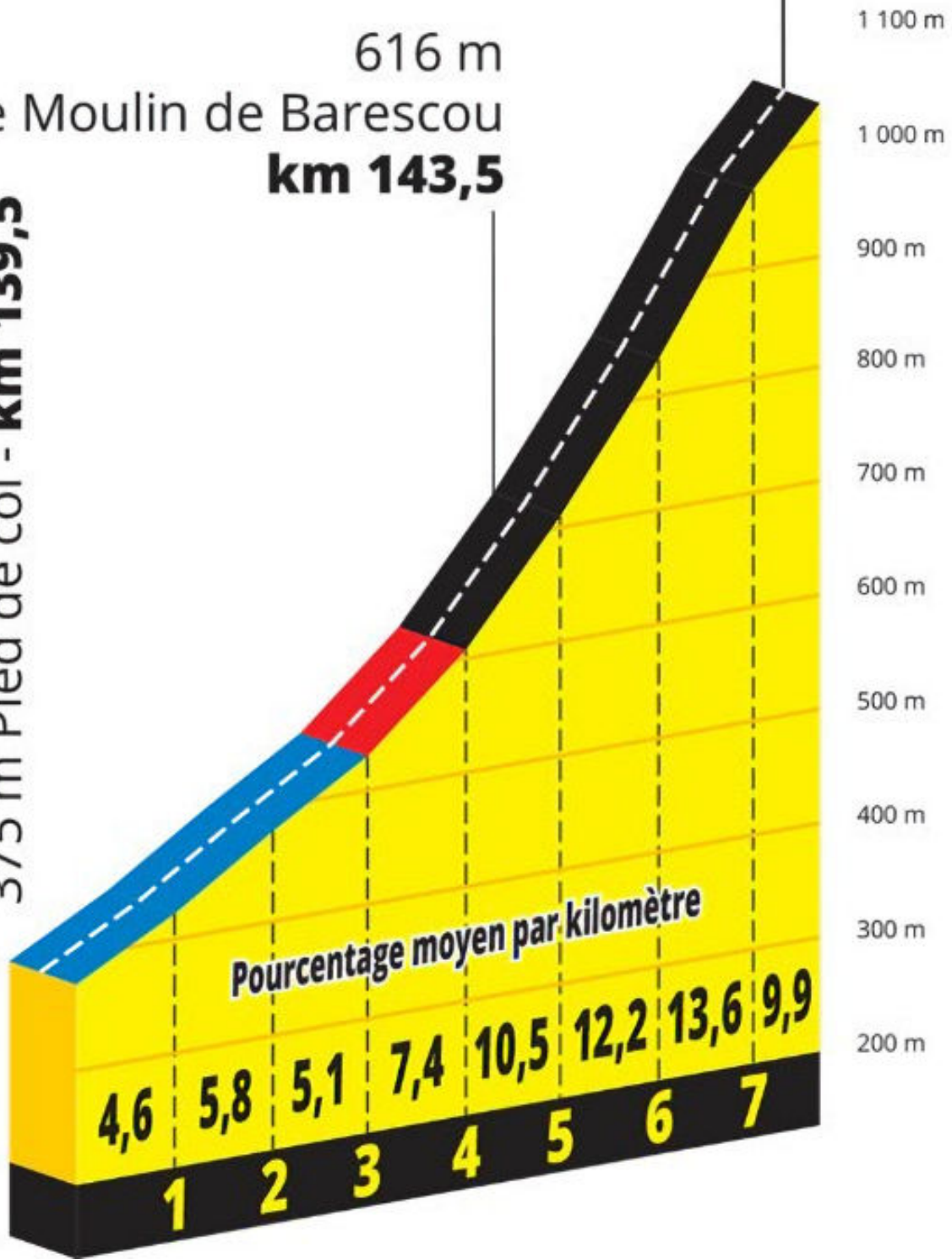
Col de Marie Blanche

1 035 m - km 147
(7,7 km à 8,6 %)



616 m
Le Moulin de Barescou
km 143,5

375 m Pied de col - **km 139,5**



Pourcentage moyen par kilomètre

4,6 5,8 5,1 7,4 10,5 12,2 13,6 9,9

1 2 3 4 5 6 7





Tim in KY Two DNS today because of the racetrack crashes.

07-05-2023
07:05:13 am



Tim in KY Neutral just started. It's 20 minutes long today.

07-05-2023
07:06:30 am



Joanna in Virginia Did you find a property?

07-05-2023
07:09:10 am



Tim in KY Chance of rain on the final descent has decreased from 50% to 10%.

07-05-2023
07:10:03 am



Joanna in Virginia That's good news, Tim. I wasn't sure I'd be here, and will have to leave for a Dr. Appt., but hope to catch most of the stage.

07-05-2023
07:11:20 am



mmcally Jo - We didn't on that trip, but narrowed down a preferred location in town. Working with a realtor now as places come on the market.

07-05-2023
07:14:05 am



Joanna in Virginia Very cool! Best of luck! Expect Nutty visitors. LOL!

07-05-2023
07:14:43 am



Rob Morning all, reading what Mark Cavendish said to Eurosport after the race it sounds like Astana still haven't got it together with the lead out.

07-05-2023
07:20:28 am



Tim in KY It looked like they did much better Tuesday than Monday. And then they lost LuLe.

07-05-2023
07:22:54 am



Tim in KY Everybody wants to be in the break.

07-05-2023
07:25:29 am



Joanna in Virginia LaTour is a break of one.

07-05-2023
07:30:37 am



Tim in KY That won't last.

07-05-2023
07:34:05 am



Joanna in Virginia Crash.

07-05-2023
07:34:32 am



BusterSci Cav should have had Bol leading him out yesterday and since he didn't he had to guess which train to ride and he picked wrong.

07-05-2023
07:35:35 am



BusterSci <https://rumbletalk-images->

07-05-2023
07:36:31 am

upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688557289-Screenshot%202023-07-05%20at%206.36.07%20AM.png



Tim in KY And 2020 the break did not stay away. The finish was a GC group sprint. 07-05-2023
07:38:41 am



Joanna in Virginia Jakobson suffering at the back as the attacks continue at the front. 07-05-2023
07:43:55 am



Joanna in Virginia You might say Dudes all over the road... 07-05-2023
07:44:17 am



BusterSci I think I'm taking Rip walkies. 07-05-2023
07:47:57 am



Tim in KY I'm going for my walk when the cleaning lady arrives. Shortly. 07-05-2023
07:49:07 am



Joanna in Virginia Jakobson OTB again. Bloody bandages. Sad sight. 07-05-2023
07:51:58 am



Joanna in Virginia LaTour was caught and new attacks underway. 07-05-2023
07:52:35 am



Joanna in Virginia Okay, I'm off to the doctor. Back in a bit. 07-05-2023
07:59:19 am



Rocket City Gal LuLe's loss to broken collarbone is a huge loss for Astana. He is a super-experienced super-domestique. Guarnieri of Lotto was the other broken-collarbone casualty yesterday. 07-05-2023
08:06:17 am



Rocket City Gal I will be surprised if Jakobsen finishes today. ANOTHER stupid finish that race organizers look at in the future, shake their heads at, and say, "We shouldn't do something like that again." Instead, they'll probably say, "Hey, that was a cool, crazy finish; let's do it again!" 07-05-2023
08:07:18 am



Rocket City Gal Massive group off the front; 36 riders with 40 seconds. The rider I think will be first up the HC climb and my hopeful for polka dots by the end of the day -- Jorgensen-- is in there. He's not on my team; I just hope he gets it. I think APP is also a likelihood. 07-05-2023
08:09:26 am

// INRNG

the Inner Ring @inrng · 5m



Stage 5 starts, almost a copycat of Stage 9 from 2020 when there was such a fierce fight for the breakaway that it wasn't until the start of the Col de Soudet that the move went [#TDF2023](#) 🚴



Rocket City Gal There are a lot of good climbers in the group. With Van Aert and Hindley in there, the break may not last.

07-05-2023
08:10:34 am



Rocket City Gal PCS says Alexander Kristoff's celebrating his 36th birthday today. What a way for a sprinter to spend his birthday.

07-05-2023
08:12:57 am



Rocket City Gal The break now has 1:50 BENOOT Tiesj 3:23 LAPORTE Christophe 29:38 VAN AERT Wout 0:16 GROÿSCHARTNER Felix 9:41 SOLER Marc 22:49 FRAILE Omar 22:55 MARTÍNEZ Daniel Felipe 14:44 MADOUAS Valentin 3:08 CHAVES Esteban 14:16 URÁÑ Rigoberto 24:17 ALAPHILIPPE Julian 5:17 ASGREEN Kasper 19:56 CAVAGNA Rami 32:14 HAIG Jack 4:27 HINDLEY Jai 0:22 BUCHMANN Emanuel 0:43 KONRAD Patrick 13:41 CICCONE Giulio 0:43 LÁPEZ Juan Pedro 4:04 PEDERSEN Mads 19:26 BERTHET Clément 3:08 GALL Felix 5:43 PARET-PEINTRE Aurélien 15:25 COQUARD Bryan 25:45 JORGENSON Matteo 21:19 MœHLBERGER Gregor 20:34 HAMILTON Chris 14:15 HOULE Hugo 16:52 NEILANDS Kristis 24:24 JUUL-JENSEN Christopher 33:06 DELAPLACE Anthony 15:12 CAMPENAERTS Victor 8:11 VAN GILS Maxim 17:23 TEJADA Harold 1:41 TRÅEN Torstein 27:08 BURGAUDEAU Mathieu 14:07

07-05-2023
08:21:44 am



Katie S Good morning. Hope every had a fun Independence Day. We had mom up for hot dogs. Very simple. Then all night it sounded like a retreat army blowing up all its munitions stores. like

07-05-2023
08:31:58 am



Katie S Sheesh. Retreating army.

07-05-2023
08:33:14 am



Tim in KY How did Powless not make a break that big?

07-05-2023
08:36:37 am



Tim in KY Chaves and Rigo will have to protect the points for him.

07-05-2023
08:37:39 am



Tim in KY RCG, speaking of the finish yesterday, it has been used several times before in bike races without disaster.

07-05-2023
08:40:02 am



Tim in KY All the Jumbos in that break are obviously there to fall back when needed.

07-05-2023
08:40:52 am



Katie S Quinn Simmons looks rather beat up. They mention a crash, but what happened?

07-05-2023
08:41:32 am



Tim in KY Don't know, Katie. I was taking a walk.

07-05-2023
08:47:16 am



Tim in KY The front three start the HC exactly on the fastest imaginable time.

07-05-2023
08:56:00 am



Tim in KY Bike change for Pog.

07-05-2023
09:04:30 am



Tim in KY Pedersen having trouble on the climb.

07-05-2023
09:05:17 am



Tim in KY Welcome K8.

07-05-2023
09:05:55 am



PasadenaK8 Hi Tim! Mornin', everyone *;-)

07-05-2023
09:06:28 am



PasadenaK8 Only caught the tail end of yesterday's race (probably was a good day for that). Was keeping watch over a struggling Dark-Eyed Junco baby bird, (almost ready to fly away) *:-) The same Mamma & Papa have been setting up shop in various potted plants in my patio for about 4 years now. This little one was from the 3rd nest that they've built this season. Total egg count, so far this year = 12!! They're very friendly and cute little birds. Happy to finally be in the mountains!

07-05-2023
09:08:46 am



Tim in KY We always had lots of Juncos at our feeders.

07-05-2023
09:10:28 am



Katie S They are truly fun little birds. The female of our resident pair has lately taken to sitting IN the birdseed tray. I have had a discussion with her.

07-05-2023
09:11:16 am



Tim in KY How do you protect the tray from squirrels?

07-05-2023
09:12:17 am



Tim in KY tray.

07-05-2023
09:12:26 am



Katie S i buy seed infused with cayenne pepper (or some such). Squirrels don't like heat. Also, we don't really have squirrels around here. One or two now and then.

07-05-2023
09:13:24 am



Katie S <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688563142-1688562843634.jpeg>

07-05-2023
09:14:04 am



PasadenaK8 These Dark-Eyed ones like to hang close to the ground. Read that they like sunflower seeds, so have been putting out a dish of some raw, unsalted ones for them, near ground level. Luckily the squirrels haven't discovered the stash (yet). It's a small, protected patio area. Probably why they keep coming back there for nesting season.

07-05-2023
09:14:22 am



Katie S There are a number of birdseed brands that have a pepper-infused product, but this logo is my favorite.

07-05-2023
09:14:38 am



Tim in KY The real steep's of this climb are yet to come.

07-05-2023
09:14:51 am



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688563198-stage-5-soudet.jpg>

07-05-2023
09:14:59 am



PasadenaK8 Ha-ha! Love the steam coming out the ears :D

07-05-2023
09:15:58 am



Alaska Dave Does the flaming hot bird seed work with bears?

07-05-2023
09:17:09 am



Tim in KY Simmons looks a mess.

07-05-2023
09:18:28 am



Alaska Dave Jacobsen herded by a flock of teammates

07-05-2023
09:18:56 am



PasadenaK8 mcnally: Was just reading upstream and saw your Pau pic. I've been eyeing a small town, a little further east from Pau, called Cret. Best of luck on your purchase. Know how complicated real estate can be in France, but oh so worth it!

07-05-2023
09:23:26 am



Tim in KY Can't keep up with who is where any more.

07-05-2023
09:34:25 am



PasadenaK8 RaceCenter has about 6 separate groups. They're all over that foggy mountain! https://www.youtube.com/watch?v=z_Y3mnj-8IA

07-05-2023
09:38:17 am



Alaska Dave Prowlers loses polka dots.

07-05-2023
09:40:10 am

Feed The Birds, They're Hungry.

NEVER
MELT



NO
MESS

FLAMING HOT FEAST



FEEL
THE
HEAT

CRUTION
HOT!

Keep out of
reach. Wash
hands after
handling.

SQUIRRELS' DEFEAT

Birds love it. Squirrels Don't

Net Weight 4 lb. 3 oz. (1899 g)

GUARANTEED ANALYSIS

crude protein.....min. 20%
crude fat.....max. 42%
crude fiber.....max. 12%
moisture.....max. 11%

Mr. Bird | New Braunfels, TX 78130



WWW.MRBIRD.COM

INGREDIENTS

Sunflower Hearts, Peanuts, Golden Softshell, Red
Wings, Capers and Delish





Katie Lane We are quite the cultured bunch. Å I love bluegrass. â~□ï,□
ðŸ□”ï,□ ðŸ›‘ ðŸ”½

07-05-2023
09:41:30 am



Alaska Dave Powless. Da!#n SpellcheckÅ cyclists descend in the midst.
The tension she mounts.

07-05-2023
09:41:54 am



Katie Lane Gall with max dot points. Then D Martinez and Ciccone

07-05-2023
09:43:36 am



Katie Lane Descending a mountain in the fogâ€¦!

07-05-2023
09:43:50 am



Katie Lane Heâ€™™ll have to be Prowlers from now on, Dave!

07-05-2023
09:44:29 am



mmcally K8: I just looked up Ceret. Looks beautiful. The process is a
puzzle to be solved for sure. Would love to catch up offline and hear how it is
going for you.

07-05-2023
09:49:18 am



Tim in KY One minute faster than the fastest right now.

07-05-2023
09:53:29 am



PasadenaK8 mmcally: Sure, would love to hear about your experiences so
far too. (Will DM you here with my contact info...)

07-05-2023
09:53:33 am



Rob I bought a house in France once, the purchase was relatively simple.
This was back when houses out there were really cheap.

07-05-2023
09:57:49 am



Rob [https://rumbletalk-images-
upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688565822-
DSC00746%20\(4\).JPG](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688565822-DSC00746%20(4).JPG)

07-05-2023
09:58:43 am



Katie S Pretty!

07-05-2023
09:58:54 am



mmcally Awesome. Where was that Rob?

07-05-2023
09:59:10 am



PasadenaK8 Beautiful! What part of France is that in?

07-05-2023
09:59:19 am





Rob Auvergne, I paid Â£12,500 which is around \$16,000

07-05-2023
10:00:23 am



Rob Of course, we are talking about 20 years ago now.

07-05-2023
10:03:26 am



PasadenaK8 Good find. Good buy, even for 20 years ago. And one nice perk about French real estate is that the property taxes in France are about a 10th/12th of what they are here in California. It's in the sale, though, is where they get ya.

07-05-2023
10:07:33 am



Katie Lane In the women's race, Van Vleuten wins. Wiebes 2nd and Lippert 3rd.

07-05-2023
10:08:50 am



Katie Lane Longo Borghini DNS after that crash yesterday.

07-05-2023
10:09:17 am



Tim in KY About to start the Cat 3.

07-05-2023
10:09:53 am



Katie Lane This is interesting; <https://theconversation.com/tour-de-france-how-many-calories-will-the-winner-burn-186097>

07-05-2023
10:13:42 am



Katie Lane "Top Tour de France cyclists who complete all 21 stages burn about 120,000 calories during the race" or an average of nearly 6,000 calories per stage. On some of the more difficult mountain stages like this year's Stage 12 racers will burn close to 8,000 calories.

07-05-2023
10:14:26 am



PasadenaK8 Interesting article, Katie Lane. Looks like "Prowler" might have burned all is calories. (Just got dropped by the Peloton group)

07-05-2023
10:27:35 am



Tim in KY <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688567642-stage-5-marie-blanque.jpg>

07-05-2023
10:29:04 am



Tim in KY Mean steps in the second half.

07-05-2023
10:29:24 am



Joanna in Virginia Back from my Country Doctor appointment - need to read back through the feed, but must drink tea first. I hate fasting for blood work!

07-05-2023
10:37:48 am



Tim in KY On the final Cat 1.

07-05-2023
10:39:54 am

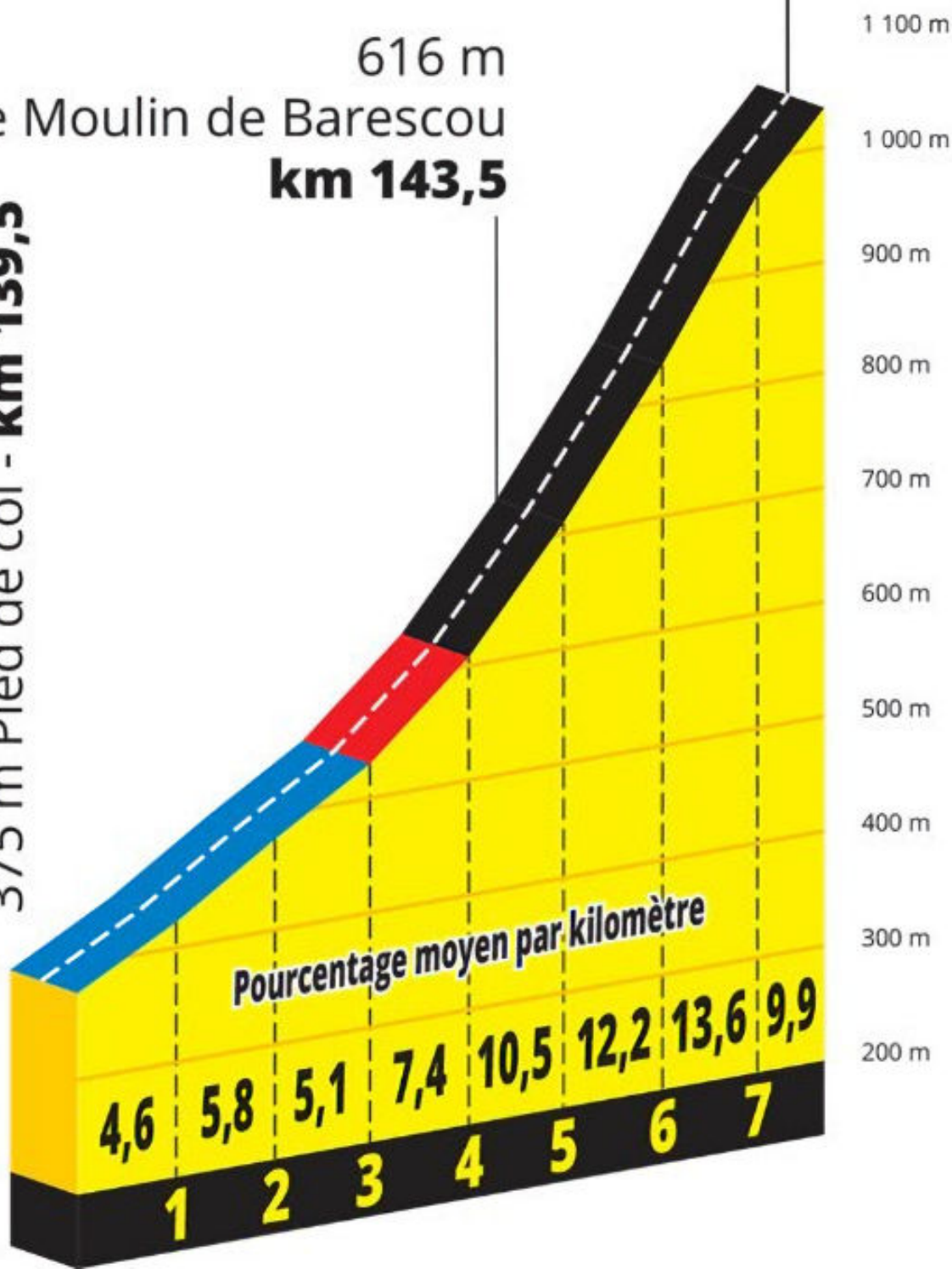
Col de Marie Blanche

1 035 m - km 147
(7,7 km à 8,6 %)



616 m
Le Moulin de Barescou
km 143,5

375 m Pied de col - **km 139,5**



Pourcentage moyen par kilomètre

4,6 5,8 5,1 7,4 10,5 12,2 13,6 9,9
1 2 3 4 5 6 7



Tim in KY The break is falling apart onÂ this climb.

07-05-2023
10:46:27 am



Tim in KY Felix and Jai off the front by themselves.

07-05-2023
10:47:43 am



Tim in KY Steep steep steep.

07-05-2023
10:48:11 am



Tim in KY The Kms go by very slowly on this climb.

07-05-2023
10:51:51 am



Tim in KY And then there's 19 km to go downhill.

07-05-2023
10:52:43 am



Joanna in Virginia I'm woozy watching the uphill, will definitely need to avert my eyes on the downhill.

07-05-2023
10:53:49 am



Tim in KY Wout whipped.

07-05-2023
10:54:59 am



Joanna in Virginia W - out.

07-05-2023
10:55:22 am



Joanna in Virginia Jai has broken away.

07-05-2023
10:56:13 am



Tim in KY Yellow Yates gone.

07-05-2023
10:56:27 am



Joanna in Virginia Kuss is working hard!

07-05-2023
10:57:03 am



Katie S Go, Jai!

07-05-2023
10:57:07 am



Joanna in Virginia Eejits with flags.

07-05-2023
10:57:33 am



Tim in KY Jai will only have 2:00 on the last 19 km.

07-05-2023
10:58:31 am



PasadenaK8 It's been a long, steep haul up the Marie Blanque...

07-05-2023
10:58:44 am



Joanna in Virginia Vinga-GO!

07-05-2023
10:59:43 am



bikerabe Yes Vinego goes!

07-05-2023
11:00:10 am



Tim in KY Less than 2:00.

07-05-2023
11:00:17 am



Trish in MA Whew! Â Joined in time to see the move.

07-05-2023
11:01:45 am



Tim in KY It's goin g to be very close at the finnish.

07-05-2023
11:01:49 am



Joanna in Virginia Holy Crowd, Batman!

07-05-2023
11:01:57 am



Joanna in Virginia Jai over the top.

07-05-2023
11:02:06 am



Joanna in Virginia Vingegaard over the top!

07-05-2023
11:03:14 am



Trish in MA Love the cop there for crowd control stepping into the road urging folks on.

07-05-2023
11:03:37 am



Joanna in Virginia Pog crests.

07-05-2023
11:04:00 am



Joanna in Virginia I will not be watching the descent.

07-05-2023
11:04:31 am



Trish in MA Looking forward to reading the chat - once this is over. Â I guess UAE had a bad day?

07-05-2023
11:05:05 am



mmcally Seeing all the freebie polka dot t-shirts on the climb with the sponsor Leclerc on the front reminds me of something funny I read yesterday. Trek's new main sponsor Lidl set up a little booth outside their bus area to hand out fruit and the such for journalists and others. That was shutdown by ASO. Have to imagine Leclerc

07-05-2023
11:06:53 am

reminded someone of the money they were putting into the race.



Alaska Dave Not so sure it is a bad day for UAE, rather great tactics for Jumbo.

07-05-2023
11:09:07 am



Tim in KY Vinego descending faster than Jai.

07-05-2023
11:09:28 am



PasadenaK8 <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1688570100-1688569795298.png>

07-05-2023
11:10:05 am



PasadenaK8 Talk about money, saw that the other day.

07-05-2023
11:10:25 am



Joanna in Virginia Kuss jumps the cattle grate. (I looked up for a second)

07-05-2023
11:11:50 am



Tim in KY Descent almost over.

07-05-2023
11:13:15 am



Joanna in Virginia Thanks!

07-05-2023
11:13:27 am



Katie S I guess it'll come down to who is more motivated - Jai or Jonas

07-05-2023
11:13:46 am



mmcally The Wanty post is hilarious. They have always been a clever team to follow.

07-05-2023
11:13:56 am



bikerabe Gall caught

07-05-2023
11:14:25 am



Tim in KY Vinego expecting help?!?

07-05-2023
11:15:28 am



Joanna in Virginia No friends for #1

07-05-2023
11:15:31 am



Tim in KY Jai has been working all day, Vinego hasn't. I wouldn't be surprised if Jai gets caught on the flats.

07-05-2023
11:17:28 am



Intermarché-Circus-Wanty

@IntermarcheCW



Louis Meintjes is strategically placed at the back of peloton so our sponsors are always visible 👍 #TDF2023 🇵🇸





Trish in MA My sister just asked me if you wear the yellow jersey, do you have to wear yellow pants?

07-05-2023
11:18:31 am



Tim in KY 3km and 40 seconds.

07-05-2023
11:18:31 am



Joanna in Virginia :D

07-05-2023
11:18:47 am



Tim in KY No. And I don't know why anyone would want to.

07-05-2023
11:19:37 am



Joanna in Virginia Suitcases being unpacked all over the place.

07-05-2023
11:20:03 am



Trish in MA Red kite!

07-05-2023
11:21:02 am



Joanna in Virginia Hindley looks GREAT!

07-05-2023
11:21:08 am



Joanna in Virginia 600m

07-05-2023
11:21:40 am



Joanna in Virginia Hindley Wins!

07-05-2023
11:22:11 am



PasadenaK8 Aussie Aussie Aussie, Oi Oi Oi

07-05-2023
11:22:26 am



Katie S Yay!

07-05-2023
11:22:39 am



bikerabe no bonus for Vinego

07-05-2023
11:22:41 am



Tim in KY My wife grew up in Perth.

07-05-2023
11:23:16 am



Joanna in Virginia I have relatives in Brisbane.

07-05-2023
11:23:36 am



Trish in MA Pog across a minute behind Vingo

07-05-2023
11:24:01 am



Tim in KY That's like I said my wife grew up in San Diego and you said I have relatives in New Orleans!

07-05-2023
11:25:50 am



Joanna in Virginia Yup.

07-05-2023
11:26:14 am



Tim in KY Pog in 6th place on GC.

07-05-2023
11:30:12 am



Tim in KY Another big mountain of some sort tomorrow.

07-05-2023
11:31:57 am



Katie S Yeah, i think I know of a horse by that name

07-05-2023
11:32:21 am



Katie S see you all tomorrow!

07-05-2023
11:32:25 am



Trish in MA I can't tune in tomorrow. Â So sad.

07-05-2023
11:33:13 am



PasadenaK8 Time loss for the previous man in yellow ... Yates down 1min 34secs (must have been the yellow shorts *;-)

07-05-2023
11:33:52 am



Joanna in Virginia I can comfortably say that I will see you all tomorrow on "Artie Day". :-)

07-05-2023
11:36:55 am



PasadenaK8 Yeah - will be expecting lots of new handsome Artie pics! See you all tomorrow...

07-05-2023
11:37:58 am