



**Tim in KY** TdF Stage 14 is 184 kilometers starting at Carcassonne and looping through the foothills of the Pyrenees to finish at Quillan.

07-09-2021  
02:14:49 pm



**Tim in KY** [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1625854800-stage-14-route.jpg)

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1625854800-stage-14-route.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1625854800-stage-14-route.jpg)

07-09-2021  
02:15:01 pm



**Tim in KY** The first 45 kilometers are false flat. Then the climbing begins.

There are two Cat 3s and three Cat 2s separated by very little flat road. The final Cat 2 crests 17 km from the finish. The descent leads to 3 km of flat to the line.

07-09-2021  
02:15:55 pm



**Tim in KY** [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1625854869-stage-14-profile.jpg)

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1625854869-stage-14-profile.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1625854869-stage-14-profile.jpg)

07-09-2021  
02:16:10 pm



**Tim in KY** Kilometer zero is scheduled for 12:40. Finish is imagined either side of 17:00. Live stream at 12:15 on Peacock, but not until 14:00 on NBCSN. Forecast is for sunshine and temps in the mid to upper 20s.

07-09-2021  
02:17:24 pm



**Maite** Hey, All! You will probably guess that I'm celebrating down south of the Equator!

07-09-2021  
06:37:00 pm



**Tim in KY** I may not be here for the start. Kragh Andersen and Barguil definitely won't.

07-10-2021  
05:27:46 am



**BusterSci** If you pop back in again, Maite, yes, I knew you'd be thrilled. Â Many of us are as well.

07-10-2021  
06:22:48 am



**Joanna in Virginia** Even my hubby posted "CAV" on his FB page, garnering some "?" responses. He explained correctly the events of the day. :-)

07-10-2021  
06:24:14 am



**Rob** Debating getting Eurosport so I can watch the last week of the tour. I lost interest in cycling over the last few years, got a feeling this might be my last chance to watch Cav.

07-10-2021  
06:25:55 am



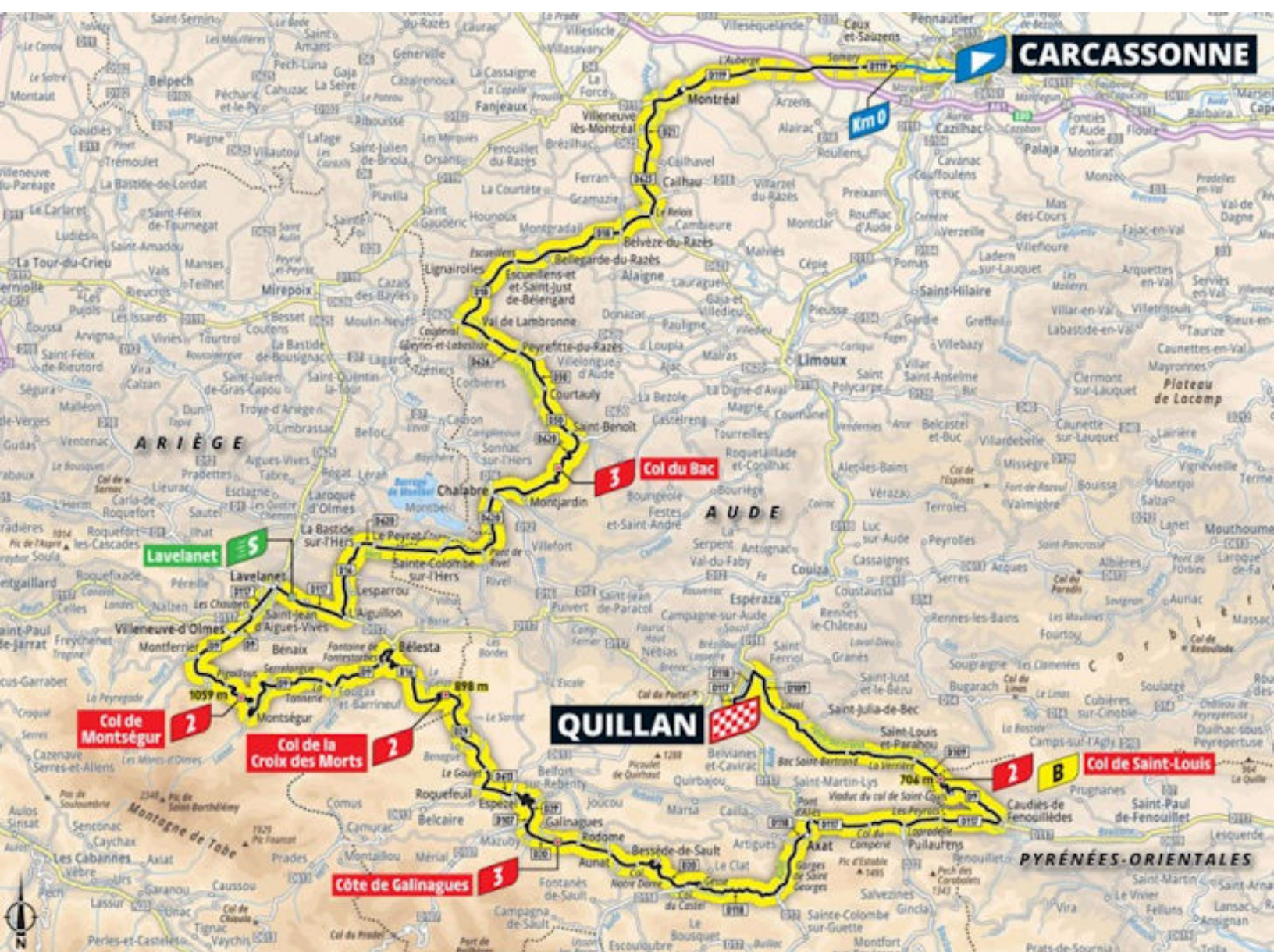
**BusterSci** I dropped \$5 for peacock premium plus for the month. Well worth it.

07-10-2021  
06:37:07 am



**Tim in KY** Waiting on Ion.

07-10-2021  
06:39:20 am





# CARCASSONNE

130 m



# QUILLAN

291 m





**Tim in KY** No Voges, no Jura, no Massif Central, day and a half in the Alps, but five days in the Pyrenees.

07-10-2021  
06:41:29 am



**BusterSci** Looking for the punchy climbs.

07-10-2021  
06:42:50 am



**Charlie in Tenn** Should be an exciting start

07-10-2021  
06:43:13 am



**Charlie in Tenn** Good morning

07-10-2021  
06:43:20 am



**Tim in KY** An old home week for me.Â Been to the start and finish towns, also the sprint town and a couple of others along the way.

07-10-2021  
06:45:25 am



**BusterSci** My only trip down this way was for work, and that was further west. Pau, Tarbes, etc.

07-10-2021  
06:47:00 am



**Tim in KY** Wouldn't call Andora and the Tourmalet "punchy".

07-10-2021  
06:49:22 am



**Charlie in Tenn** DeClercq riding at he back today

07-10-2021  
06:50:06 am



**Tim in KY** He was the last to finish yesterday.

07-10-2021  
06:51:40 am



**BusterSci** Fair, Tim. But in general, the Pyrenees are shorter climbs than the Alps.

07-10-2021  
06:52:11 am



**Joanna in Virginia** A LOT of riders want to be in the break today. Wow!

07-10-2021  
06:57:51 am



**Joanna in Virginia** Henao punctures, going to face a big chase back.

07-10-2021  
06:58:58 am



**Tim in KY** I think everyone expects the break will win today.

07-10-2021  
07:00:00 am



**Tim in KY** I was hoping the break would be established before chores. But no.

07-10-2021  
07:09:12 am



**Tim in KY** Back in a bit.

07-10-2021  
07:09:18 am



**Charlie in Tenn** Lone breaker. Maybe Tim did see the break go.

07-10-2021  
07:12:37 am



**BusterSci** In the very west of Languedoc we start today in the MalepÃ¨re region and then through Limoux, which makes a decent bubbly that can be found at Total Wine. I always mention Total Wine because it's really the only somewhat National chain that has a huge selection. I'd suggest going to a local store and asking if they have something or can get it. I know the ones I visit regularly are happy to order what they don't have, whether it's an insanely expensive Barolo or a \$12 ProvenÃ§al rosÃ©.

07-10-2021  
07:16:47 am



**Joanna in Virginia** The four chasers have met Sbaragli, the break is now 5 riders, but only a 39 second advantage over the chasing peloton.

07-10-2021  
07:28:51 am



**Joanna in Virginia** Magnus Cort is now trying to cross the gap.

07-10-2021  
07:29:27 am



**Joanna in Virginia** Sending big Birthday Wishes to Charlie!

07-10-2021  
07:33:31 am



**Charlie in Tenn** Accepting big wishes.

07-10-2021  
07:38:15 am



**Tim in KY** Not the most settled of breaks.

07-10-2021  
07:38:35 am



**Tim in KY** Happy B-Day.

07-10-2021  
07:38:45 am



**Joanna in Virginia** Okey dokey, time for me to break to the barn. But before I go, with last year's funds generously donated to, and held in reserve for, the Mons Memorial Fund projects, the Tip Jar was empty at the start of the Tour. I appreciate all the donations made last week, and contributions are always welcome, if you are so inclined.

07-10-2021  
07:43:37 am



**Joanna in Virginia** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1625917724-1625917424630.jpeg>

07-10-2021  
07:43:46 am



**Joanna in Virginia** I may be back before the finale, unless they keep racing this quickly.

07-10-2021  
07:44:16 am



# Tip Jar

As we complete the second week of Le Tour, and the renewal of the Chat Room looms, you may find yourself interested in contributing to the cause.

Donations are certainly welcome to defray costs. If you are so inclined, you can donate to my PayPal account:

[jemgrayonline@gmail.com](mailto:jemgrayonline@gmail.com)

Please note: this message may be repeated. Thank you, Jo



**Tim in KY** 4 KU to go. Faster than the fastest...

07-10-2021  
07:46:04 am



**Mikey** Good Morning

07-10-2021  
07:47:40 am



**John** Happy birthday Charlie! My brother's is today too

07-10-2021  
07:51:39 am



**Mikey** Happy Birthday Charlie! May it be filled with laughter.

07-10-2021  
07:52:13 am



**Tim in KY** Gap is still just 22 seconds.

07-10-2021  
07:52:59 am



**BusterSci** Filled with laughter--at least some of it not at you.

07-10-2021  
07:55:36 am



**Charlie in Tenn** Thanks all. Buster, they keep saying that they are laughing with me?

07-10-2021  
07:59:25 am



**BusterSci** I'd believe them. It's what I do. Because delusion is the better part of valor.

07-10-2021  
08:00:19 am



**mmcally** Buster - what were your experiences/thoughts on Pau?

07-10-2021  
08:00:53 am



**Tim in KY** Whoa. Gap is way up to 0:34.

07-10-2021  
08:02:13 am



**Charlie in Tenn** Wiggo is on the back of a motorcycle. He just said his driver is new and he is useless. He won't go to the front of the race.Â Â We expect to find Wiggo and the driver in a fight alongside the road next.

07-10-2021  
08:05:02 am



**Mikey** Now THAT would be something

07-10-2021  
08:06:00 am



**Mikey** Buster we fired up the pit last night and had a Chilean carmenere from the copper valley. Â We both liked it

07-10-2021  
08:08:00 am



**BusterSci** That sounds good!

07-10-2021  
08:08:20 am





**Tim in KY** Heading uphill to the sprint point, the gap decreases again.

07-10-2021  
08:10:20 am



**BusterSci** Pau: I can't answer that with any authority. It was about 40C without a breath of wind. Su brutally hot that I have almost no memory of the place other than how Schweddy it was.

07-10-2021  
08:10:29 am



**mmcally** Thanks, Buster. We were looking at basing there next summer. Trying to get a read on the area.

07-10-2021  
08:12:04 am



**Charlie in Tenn** Cobrelli trying to get across before the sprint.

07-10-2021  
08:12:35 am



**mmcally** Charlie - Wiggo was doing an interview with Adam Blythe on the NBCSN broadcast a few days ago and he was on the back of his moto chilling out smoking a cigarette.

07-10-2021  
08:12:41 am



**BusterSci** Seeing a professional athlete--even a retired one--smoking is just so jarring to me. And it makes me raise the eyebrow when I hear one say "I would never put X into my body!"

07-10-2021  
08:15:14 am



**Charlie in Tenn** Wiggo is a character. I like his commentary. It is from inside the rider brain but also out of the box by the way he thinks.

07-10-2021  
08:16:08 am



**Charlie in Tenn** UAE finally at the front trying to calm everything

07-10-2021  
08:17:09 am



**Charlie in Tenn** This last 1.5 hours of racing has been slightly uphill the whole time. I think there will be some tired legs today.

07-10-2021  
08:18:52 am



**BusterSci** Bissegger down

07-10-2021  
08:19:48 am



**Tim in KY** He's really ripped up.

07-10-2021  
08:20:08 am



**BusterSci** On a new bike and going but...

07-10-2021  
08:20:22 am



**Mikey** a little less kit

07-10-2021  
08:22:06 am





**Charlie in Tenn** Devynens could be a good pick for the win from the break. If this is the break. 07-10-2021 08:22:40 am

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**Tim in KY** They're climbing a Cat 2 now. 07-10-2021 08:23:14 am

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**Tim in KY** The Declercq group is at 5:06. 07-10-2021 08:24:36 am

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**Katie S** Happy Birthday, Â Charlie! I hope your favored rider wins today in honor of you. 07-10-2021 08:24:49 am

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**Tim in KY** 3 KU to go. 07-10-2021 08:29:06 am

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**Tim in KY** Still faster than the fastest..... 07-10-2021 08:30:54 am

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**Tim in KY** BIV batteries well charged today. 07-10-2021 08:33:27 am

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**BusterSci** I really dislike the statement that Cav is "in trouble." Â He's a sprinter who just need to come in ahead of the cut. He's measuring his effort but he's not, necessarily, in trouble. 07-10-2021 08:35:14 am

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**bikerabe** W poels with Catteneo out front 23 " 07-10-2021 08:35:42 am

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**Katie S** Heâ€™s also a sprinter who is 36 and looked utterly spent (â€œdeadâ€ was his word) in his post-race interview yesterday. Recovery takes longer in these advanced years. 07-10-2021 08:36:50 am

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**bikerabe** Mike Woods trying to bridge 07-10-2021 08:37:12 am

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**bikerabe** done 07-10-2021 08:37:32 am

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**Charlie in Tenn** UAE back on the front but they are not stopping anyone trying to bridge across. 07-10-2021 08:37:49 am

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**Tim in KY** More family picnics on this climb than eejits. 07-10-2021 08:40:45 am



**BusterSci** As my favorite cycling podcasters would say, Cav looks "puggled." 07-10-2021 08:41:24 am



**Katie S** I wish Mons was here to explain this region to us. According to the VeloNews race guide, this is Cathar Country. The Cathars were a medieval religious group that broke off from the Roman Catholic Church and built castles or repurposed other battlements to protect their towns. So says VN. 07-10-2021 08:43:15 am



**bikerabe** Poels gets KOM 07-10-2021 08:43:30 am



**Charlie in Tenn** Katie said she hoped my favorite rider won today. Got me thinking. Who is my favorite rider? Evidently, I don't have one. I like Sagan, Asgreen, Froome, Carapaz, Greipel, DeClercq, Kwiatko, TdG, Mads, Stuyven, Landa, and a bunch of others. I guess my favorite is Kwiatko. It would be cool for him to win today but I figure he has other duties. 07-10-2021 08:44:14 am



**bikerabe** then the Cathars got slaughtered as heretics 07-10-2021 08:44:26 am



**Katie S** From our friends at Wikipedia: The idea of two gods or deistic principles, one good and the other evil, was a point of criticism asserted by the Catholic church against Cathar beliefs. The Catholic church asserted this was antithetical to monotheism, a fundamental principle that there is only one God, who created all things visible and invisible.[8] Cathars believed that the good God was the God of the New Testament, creator of the spiritual realm, whereas the evil God was the God of the Old Testament, creator of the physical world whom many Cathars identified as Satan. Cathars believed human spirits were the sexless spirits of angels trapped in the material realm of the evil god, destined to be reincarnated until they achieved salvation through the consolamentum, a form of baptism performed when death is imminent, when they would return to the good God.[9] 07-10-2021 08:51:28 am



**BusterSci** I'd read about the Cathars in the past. I didn't realize the trend in recent historical analysis to claim they didn't actually exist but were rather a construct of the Church to justify persecution of a variety of heretics (also known as reformers.) 07-10-2021 08:55:12 am



**Katie S** Fascinating. Cancel culture, Medieval style 07-10-2021 08:56:38 am



**BusterSci** Nothing new under the sun. 07-10-2021 08:57:00 am



**BusterSci** Ask Carthage. 07-10-2021 08:57:21 am



**Tim in KY** I had a long discussion with Mons several years ago about the Cathars and Albigensians.Â For a nonexistent people they left a lot of building ruins and bones.

07-10-2021  
09:01:53 am



**Katie S** These French col names sound so poetic, but would we name a hill after the âœcrosses of the dead?â€

07-10-2021  
09:01:55 am



**bikerabe** peloton 2 ' back

07-10-2021  
09:02:52 am



**BusterSci** I think the point was they weren't really any sort of coordinated sect imported from Byzantium or elsewhere in the east but instead were a looser set of groups, leaders, etc that were rebellious against Rome and France and as such had to be dealt with, and the Cathar narrative was the story that allowed the persecution.

07-10-2021  
09:06:05 am



**BusterSci** They were apparently known for inspiring run on sentences.

07-10-2021  
09:06:43 am



**Charlie in Tenn** G Martin is the best of the 2 groups out front at 9:29. Everyone else is 25 plus.

07-10-2021  
09:10:04 am



**BusterSci** MOUNTIE

07-10-2021  
09:10:06 am



**bikerabe** Great 1986 French movie set in this area 'Manon of the Spring'

07-10-2021  
09:10:53 am



**BusterSci** Agree! Â Frau loves that one.

07-10-2021  
09:11:11 am



**Tim in KY** Letting team cars into the gaps.

07-10-2021  
09:11:19 am



**Charlie in Tenn** Britain's Jack Thompson is attempting to complete the Tour de France route in just 10 days. He is basically chasing Lachlan and the tour. <https://www.cyclingnews.com/blogs/the-amazing-chase/>

07-10-2021  
09:13:11 am



**Toulouse** Katie, I'm about two hours from the Blood of Christ mountain range -- the Sangre de Cristos. (Isn't your birthday this weekend?) Happy bee day, Charlie.

07-10-2021  
09:15:05 am



**Tim in KY** There's not really any descent before the second Cat 3.

07-10-2021  
09:15:30 am



**DStan58** The neighborhood is utterly quiet, Cath is still asleep, the dog's asleep, and I'm watching the Tour with the LUGNuts, and some coffee. Life is good.

07-10-2021  
09:16:05 am



**bikerabe** Woods gets KOM over Poels

07-10-2021  
09:16:22 am



**Tim in KY** Quintana doesn't seem very interested in keeping dots.

07-10-2021  
09:16:36 am



**BusterSci** Thompson is not doing it self supported nor is he riding the transfers so while impressive in its own right, his feat and Lachlan's are apples and iguanas.

07-10-2021  
09:16:36 am



**DStan58** Agreed, Buster.

07-10-2021  
09:17:42 am



**BusterSci** I honestly don't get the fascination with The Lachlan type things. I'll gladly acknowledge it's an impressive feat, but it does nothing for me in general. Feels gimmicky.

07-10-2021  
09:19:48 am



**Tim in KY** It's a money raiser. And because Laclan is nuts.

07-10-2021  
09:21:04 am



**DStan58** It fits Lach's brand. He's quirky, a little counterculture, and so far, his riding has raised enough money to buy 2400 bikes for World Bike relief.

07-10-2021  
09:22:09 am



**John** I like all the crazy stuff he does. Adds some interest to the cycling world beyond dudes on bikes in the bunch.

07-10-2021  
09:22:56 am



**DStan58** Here's the website, if you're so inclined. BTW- I think he's climbing, among others, the Peyrsourde today. <https://alttour.ef.com/>

07-10-2021  
09:23:31 am



**bikerabe** Woods now equal in KOM points to Nairo

07-10-2021  
09:25:01 am



**Tim in KY** EF (the sponsor) obviously thinks what he does helps the brand.

07-10-2021  
09:25:31 am





**Katie S** Hi DStan, Toulouse. Yep itâ€™s my bday weekend. Was just pulling the silverskin off 3 slabs of pork spareribs, rubbing them with an East Carolina rub, and soaking chips. Hope the neighbors donâ€™t mind when I get this underway by 7 amâ€¦

07-10-2021  
09:26:46 am



**DStan58** Katie - pics later on FB, please? I love BBQ pics. BTW- I'm in a fun, small BBQ group on FB, Katie, if you want in.

07-10-2021  
09:27:36 am



**Tim in KY** Take 'em a few ribs when they're done.

07-10-2021  
09:27:54 am



**Katie S** Good plan, Tim. I would post, DStan, but I donâ€™t have a FB account

07-10-2021  
09:28:39 am



**Charlie in Tenn** I am not BBQ expert but I sure like it.

07-10-2021  
09:28:44 am



**BusterSci** I don't understand why people need a gimmick to donate money. The cause is there. If it's worthy of your money why does a guy riding his bike make a difference? I understand other people think differently. It just doesn't work for me.

07-10-2021  
09:28:46 am



**DStan58** I saw a clip, Lach's bike, loaded for touring, weighs around 20-25 kg. I can't imagine riding a bike that heavy up any mountain. Katie - Instagram then?

07-10-2021  
09:29:14 am



**Charlie in Tenn** I think it is awareness of a cause.

07-10-2021  
09:29:19 am



**Tim in KY** Litter zone.

07-10-2021  
09:29:34 am



**BusterSci** Katie is smart without social media.

07-10-2021  
09:30:19 am



**DStan58** Exactly, Charlie. Awareness. I'm on a Board for a group called Fathering Together. Our biggest group is Dads with Daughters. We had about 5,000 members online. We got featured in a series of Major League baseball commercials to get dads to take their girls to a game. In a week, we had 100,000 members.

07-10-2021  
09:31:03 am



**Charlie in Tenn** UAE deciding how to let G Martin get the jersey.

07-10-2021  
09:31:05 am



**Mikey** Katie is smart

07-10-2021  
09:31:15 am



**Charlie in Tenn** Happy Birthday weekend Katie.

07-10-2021  
09:31:58 am



**DStan58** Social media is great, but you have to manage it, not the other way round. If not, it turns into a cesspool.

07-10-2021  
09:32:22 am



**BusterSci** Which reminds me. I'm going to unfriend everyone on FaceBook. I'm trying to find a way to minimize my use of it while still keeping in the LUGnut group. Without any friends I won't get fed as much stuff.

07-10-2021  
09:32:42 am



**Katie S** I did it once for a race up Mount Diablo here in the Bay Area because the jersey was cool.

07-10-2021  
09:32:58 am



**BusterSci** So don't take it as an insult.

07-10-2021  
09:33:03 am



**bikerabe** pursuers about to catch front

07-10-2021  
09:33:12 am



**Katie S** (The donation raising thing)

07-10-2021  
09:33:20 am



**Charlie in Tenn** My wife let's it get her all worked up. I wish it was different but ...

07-10-2021  
09:33:20 am



**DStan58** I hear you Buster.

07-10-2021  
09:33:49 am



**Charlie in Tenn** Speaking of donations, someone else bought the camper that we were looking at. Whew. Tip Jar here I come.

07-10-2021  
09:34:12 am



**DStan58** Charlie, My key pieces of advice are always - never interact with someone you don't know and use the block button frequently.

07-10-2021  
09:34:57 am



**Charlie in Tenn** Seems like reasonable advice. Can you tell my wife?

07-10-2021  
09:35:40 am



**Katie S** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1625924442->

07-10-2021  
09:35:46 am









**Charlie in Tenn** That looks like a good start.

07-10-2021  
09:36:02 am



**Mikey** Potential yum

07-10-2021  
09:36:15 am



**BusterSci** I've got two nice wild sockeye filets I'm smoking after the stage.

07-10-2021  
09:36:34 am



**Katie S** Mmmmmmm

07-10-2021  
09:36:43 am



**BusterSci** Then it's Costco king crab for dinner

07-10-2021  
09:36:58 am



**DStan58** Those looks incredible. That salmon sounds terrific. We're doing brats and beans. Charlie - Um, no, but you could say, "Hey, I have this friend who's a social media influencer and he says..."

07-10-2021  
09:37:59 am



**Mikey** We have bacon wrapped turkey tenderloins ready for the grill tonite

07-10-2021  
09:39:47 am



**Charlie in Tenn** Thanks. I will try that.

07-10-2021  
09:40:03 am



**DStan58** So, we all love monty python, food, bike racing, food, snarky humor, food, history and geography, and food....

07-10-2021  
09:40:31 am



**Toulouse** Mikey: We tried that for Thanksgiving last year and now I think it's wrong to eat turkey without bacon.

07-10-2021  
09:40:47 am



**DStan58** Woodsy and Woutsy.

07-10-2021  
09:41:16 am



**Charlie in Tenn** I have no idea what my birthday dinner will be. I am envious at the moment.

07-10-2021  
09:41:37 am



**bikerabe** Poels gets KOM Woods second moves into KOM lead

07-10-2021  
09:41:53 am





**Katie S** One is these slabs is for you , Charlie.

07-10-2021  
09:42:00 am



**Charlie in Tenn** I will send my address.

07-10-2021  
09:42:14 am



**BusterSci** White turkey meat is the least flavorful of all meats.

07-10-2021  
09:42:21 am



**DStan58** Turkey thighs rule.

07-10-2021  
09:42:42 am



**BusterSci** Thank goodness for gravy.

07-10-2021  
09:42:52 am



**DStan58** Smoked turkey thighs rule the most.

07-10-2021  
09:43:01 am



**Charlie in Tenn** Gravy is da bomb

07-10-2021  
09:43:13 am



**bikerabe** Poels 2 points behind Woods

07-10-2021  
09:43:25 am



**Katie S** I did braised turkey thighs for T-day a couple teas back using a double stock. Man, was that stuff good

07-10-2021  
09:43:30 am



**Katie S** Couple years. We donâ€™t typically have turkey with tea

07-10-2021  
09:44:01 am



**DStan58** Good gravy!

07-10-2021  
09:44:29 am



**John** Charlie, weâ€™re having lobster & steamers for my brother. Swing on by. :)

07-10-2021  
09:45:04 am



**DStan58** Steamers. Oh, my. I miss real steamed clams.

07-10-2021  
09:45:35 am



**BusterSci** Catching up on some missed posts: DStan, pardon me for saying it, but I believe the most evil three words of the 21st century so far are "Social Media Influencer."

07-10-2021  
09:45:59 am



**John** My dad dug them out yesterday morning. Can't get much fresher than that.

07-10-2021  
09:46:07 am



**DStan58** <https://rumbletalk-images->

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07-10-2021  
09:46:18 am



**BusterSci** JEALOUS!

07-10-2021  
09:46:21 am



**DStan58** My folks are from Philly. When we would head there to visit grandparents, we'd always head to the shore. Fresh-dug clams. Oh, my.

07-10-2021  
09:47:11 am



**DStan58** Couldn't you tell, Buster, that I said that ironically?

07-10-2021  
09:47:36 am



**John** Not something I can get in Dubai. Will eat as many as I can while here.

07-10-2021  
09:47:37 am



**BusterSci** I like clams. But I love oysters. Best part? Open and slurp--no prep or waiting for water to boil.

07-10-2021  
09:48:40 am



**John** Mmmm, oysters

07-10-2021  
09:49:14 am



**Katie S** But grilled oysters when they pop open, squirt em with melted garlic butter.

07-10-2021  
09:49:22 am



**DStan58** I like roasted oysters a lot. Hudson's, on Hilton Head Island.

07-10-2021  
09:49:49 am



**Charlie in Tenn** OK, we had a low country boil July 4th with crab. Seared pork chops with nectarine salsa Tuesday, Oregano Chicken and Orzo Wed, Honey teriyaki salmon Thurs, BBQ chicken breasts with spinach/pasta salad last night.

07-10-2021  
09:50:23 am



**DStan58** We do get good mussels here, believe it or not. They are darned tasty.

07-10-2021  
09:50:25 am



**BusterSci** I hear they're ok. But no oyster in proximity to me has ever made it to a heat source.

07-10-2021  
09:50:42 am





**BusterSci** Woodsy down

07-10-2021  
09:51:08 am



**DStan58** Too hot in the corner.

07-10-2021  
09:51:22 am



**BusterSci** Like oysters

07-10-2021  
09:51:42 am



**BusterSci** Went too hot and now he's raw

07-10-2021  
09:51:53 am



**DStan58** Back wheel tried to become the front wheel, never good.

07-10-2021  
09:52:10 am



**Charlie in Tenn** Not an oyster fan. Of course, I still eat them if offered.

07-10-2021  
09:52:25 am



**bikerabe** Woods crash !

07-10-2021  
09:52:45 am



**DStan58** Bob spends 2 minutes talking about how badly Woods handles his bike. Here's another take - he hit some gravel and skidded out. Nothing you can do,

07-10-2021  
09:53:19 am



**BusterSci** Frau got some pickling cukes at the farmers market. Fermentation about to begin

07-10-2021  
09:53:53 am



**DStan58** Cath and I are heading to the Farm market at 10:00. Cukes are on the list.

07-10-2021  
09:55:01 am



**Tim in KY** Wife just got back from farmers market with the first corn of the summer.

07-10-2021  
09:56:28 am



**DStan58** Fresh corn. Oh, my. Ours is not-quite waist high around here.

07-10-2021  
09:57:17 am



**bikerabe** Woods back to leaders

07-10-2021  
09:59:32 am



**Mikey** Our field corn is over 6' here. Likes hot and humid. It is Iowa of course so you can hear it grow

07-10-2021  
10:00:03 am





**bikerabe** Mollema goes

07-10-2021  
10:00:36 am



**DStan58** Where the corn is as high as an elephant's eye.

07-10-2021  
10:00:39 am



**Mikey** Still a bit early for sweet corn. We have something local called triple sweet that is superb grilling corn

07-10-2021  
10:01:21 am



**BusterSci** C'mon Bauke

07-10-2021  
10:01:25 am



**DStan58** The market is pretty close, so I might be back before the end of the last climb. Peace, y'all.

07-10-2021  
10:01:26 am



**bikerabe** 40 km 4'+ gap

07-10-2021  
10:03:25 am



**Charlie in Tenn** I just sat some steaks out on the counter. That would be a good protein for a birthday dinner.

07-10-2021  
10:04:32 am



**Charlie in Tenn** set, sat? whatever.

07-10-2021  
10:04:49 am



**bikerabe** Bauke is beautiful attacking

07-10-2021  
10:04:49 am



**Mikey** One letter

07-10-2021  
10:05:21 am



**Katie S** Yum. And with what wine, Charlie?

07-10-2021  
10:06:02 am



**SFinAus** Whew, just completed working my way through the comment caravan.Â Happy birthday, Charlie.Â Happy Birthday, Katie.Â Â Bon appetite to everyone.

07-10-2021  
10:06:50 am



**Alaska Dave** All this talk of good foodâ€¦and my cycling club is having a donut ride today.

07-10-2021  
10:08:59 am



**BusterSci** Salt those steaks now, Charlie.

07-10-2021  
10:09:06 am



**BusterSci** Little tidbit: the only seasoning that penetrates meat is salt. Everything else sits on the surface. There's no reason to put anything on ahead of time except the salt, which should get hours. DS Dagies taught me that when freezing meat to salt it before wrapping/sealing it up.

07-10-2021  
10:11:07 am



**BusterSci** Also...anybody else gotten into sous vide? Â Once you sous vide a steak and then reverse sear you'll never go back.

07-10-2021  
10:12:46 am



**Charlie in Tenn** Thanks for the advice on salt. These are frozen but we will salt well before cooking the steaks. I hate that I used the word well in a sentence with steaks.

07-10-2021  
10:13:20 am



**Katie S** Iâ€™ve heard of reverse searing. Good, eh?

07-10-2021  
10:13:32 am



**BusterSci** Yes.

07-10-2021  
10:13:56 am



**Katie S** Discovered a really tasty and inexpensive cut called chuck-eye. Grills beautifully

07-10-2021  
10:14:53 am



**John** Buster, which sous vide cooker do you have? Iâ€™m interested in buying one while in the States this month.

07-10-2021  
10:15:36 am



**bikerabe** 31 km 5' gap

07-10-2021  
10:15:38 am



**BusterSci** Without a sous vide you can put the steak in a 225 oven until it hits about 5-10 degrees below your ideal serving temp. Then take out, Pat dry, and sear on a blazing hot cast iron or an IR sear station, flipping every 20s until you have a nice sear crust. Heaven. And never let it rest.

07-10-2021  
10:15:50 am



**BusterSci** John, we have an Anova. The Bluetooth is worthless but it's a gimmick anyway. Friend has gotten the discount version from Monoprice and loves it.

07-10-2021  
10:17:35 am



**John** Thanks

07-10-2021  
10:17:50 am



**Mikey** Mollema reminds me of the Schleckes

07-10-2021  
10:20:00 am



**BusterSci** The key with reverse sear is you want to bring the food to temp slowly and evenly and then create the sear crust. A medium or medium rare steak will be the same pink all the way through.

07-10-2021  
10:20:17 am



**Katie S** So filet? Or ribeye? Or?

07-10-2021  
10:20:48 am



**bikerabe** new pavement Sweet!

07-10-2021  
10:21:00 am



**BusterSci** I've done both. Tomorrow will be a NY Strip. Ribeye is my fave, but man cannot live by ribeye alone.

07-10-2021  
10:23:00 am



**Mikey** EF forced to chase for Uran

07-10-2021  
10:23:15 am



**bikerabe** G Martin now virtual second GCX

07-10-2021  
10:23:37 am



**BusterSci** We do the filet about 5 degrees higher than ribeye because I think the less firm meat needs a bit more doneness. But still medium rare (just the high side of the zone instead of the low side where we like most other cuts.)

07-10-2021  
10:25:18 am



**BusterSci** BTW, Mollema will win unless the GC group decides to play.

07-10-2021  
10:26:35 am



**Katie S** Donâ€™t think the break can catch him? Or doesnâ€™t want to? Martin wants some time.

07-10-2021  
10:27:19 am



**BusterSci** When Bauke gets a gap he rarely gets caught.

07-10-2021  
10:27:57 am



**bikerabe** c,hase splitting Hiquita attacking

07-10-2021  
10:28:38 am



**Katie S** Tim, are we faster than the most imaginable?

07-10-2021  
10:30:07 am



**bikerabe** 20 km

07-10-2021  
10:30:34 am



**Charlie in Tenn** Bernie says there is a village going up which will be tough for the peloton. No problem for the break. Headwind on the finish downhill.

07-10-2021  
10:30:45 am



**Toulouse** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1625927754-1625927455431.jpeg>

07-10-2021  
10:30:57 am



**Katie S** Beautiful

07-10-2021  
10:31:09 am



**bikerabe** Cattaneo at head of chase

07-10-2021  
10:31:17 am



**Toulouse** One of two uninvited guests in the back yard this morning.

07-10-2021  
10:31:28 am



**BusterSci** Uran, Vingegaard and Carapaz need to start thinking about Martin.

07-10-2021  
10:31:44 am



**Tim in KY** Katie, right now, yes.

07-10-2021  
10:31:54 am



**BusterSci** There was a doe with a pair of fawns in my way to and from Home Depot this AM.

07-10-2021  
10:32:20 am



**bikerabe** bird in the pic just above rail?

07-10-2021  
10:32:30 am



**Katie S** Martin was doing well last edition and then crashed out or somethingâ€¦ who remembers?

07-10-2021  
10:32:30 am



**Toulouse** I think it's a rock. Our yard is a work in progress, and I have failed all my bird friends with no seed and nothing in the hummingbird feeders.

07-10-2021  
10:33:17 am



**bikerabe** watch out on that last descent to finish!

07-10-2021  
10:33:19 am



**Tim in KY** Peloton not making any headway on Martin, though.

07-10-2021  
10:33:35 am



**Toulouse** But I did miss a photo of a magpie on the back of this buck yesterday.

07-10-2021  
10:33:58 am







**Katie S** Nairo might be feeling a bit silly in that dotty hat.

07-10-2021  
10:34:41 am



**bikerabe** Bauke still minute ahead

07-10-2021  
10:35:12 am



**bikerabe** 1 km to summit

07-10-2021  
10:36:23 am



**Katie S** Now that is some cool road spaghetti Â design

07-10-2021  
10:40:11 am



**bikerabe** Mollema 1st KOM Woods second Mike now at 54 kom

07-10-2021  
10:41:19 am



**Katie S** To Qâ€™s 50

07-10-2021  
10:41:39 am



**Alaska Dave** More melting roads on descent.

07-10-2021  
10:41:51 am



**Tim in KY** That climb did them in, time wise.Â Mollema is at the imagined time now.

07-10-2021  
10:42:04 am



**bikerabe** Woods will pull on Dots jersey

07-10-2021  
10:42:41 am



**BusterSci** So 4:11 from Rigo to Martin in GC. Martin virtual 2nd by about 11 seconds now.

07-10-2021  
10:43:10 am



**mmcally** Martin lost almost 3 minutes to Vingegaard and over 2 minutes to Rigo in the first TT. Still would have a lot of work to do to be a true podium threat.

07-10-2021  
10:43:21 am



**Katie S** Any sense of the time cut? Green group is 17:08 Â back

07-10-2021  
10:43:33 am



**Charlie in Tenn** Bol, Bouhanni, and Jansen are about to get cut for time, race center live data shows them 24â€™39â€™ seconds back

07-10-2021  
10:44:21 am



**bikerabe** there's a further group back so no worry for Cav

07-10-2021  
10:44:26 am





**Tim in KY** Descent flattens at 3km.

07-10-2021  
10:44:53 am



**Tim in KY** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1625928607-stage-14-finish-route.jpg>

07-10-2021  
10:45:08 am



**BusterSci** This is a difficulty 3 stage for time cut.

07-10-2021  
10:45:23 am



**Katie S** 10k

07-10-2021  
10:45:48 am



**bikerabe** Chase 1 & 2 could come together

07-10-2021  
10:47:16 am



**BusterSci** If they stay over the 42kph average the cut will be a full 18%.

07-10-2021  
10:47:52 am



**BusterSci** So no worries at all

07-10-2021  
10:48:19 am



**BusterSci** Martin will be in second if the pace doesn't pick up in the GC group.

07-10-2021  
10:49:26 am



**Katie S** Suggestion that Uran not too concerned since Martin isn't a strong TT racer

07-10-2021  
10:51:26 am



**BusterSci** Yeah, but that doesn't leave room for oopsies.

07-10-2021  
10:52:15 am



**bikerabe** that means G Martin will absolutely be in 2nd cause Rigo won;t close gap today. See how tomorrow goes

07-10-2021  
10:52:54 am



**BusterSci** I don't know. The last few km can be really fast in the GC group

07-10-2021  
10:53:31 am



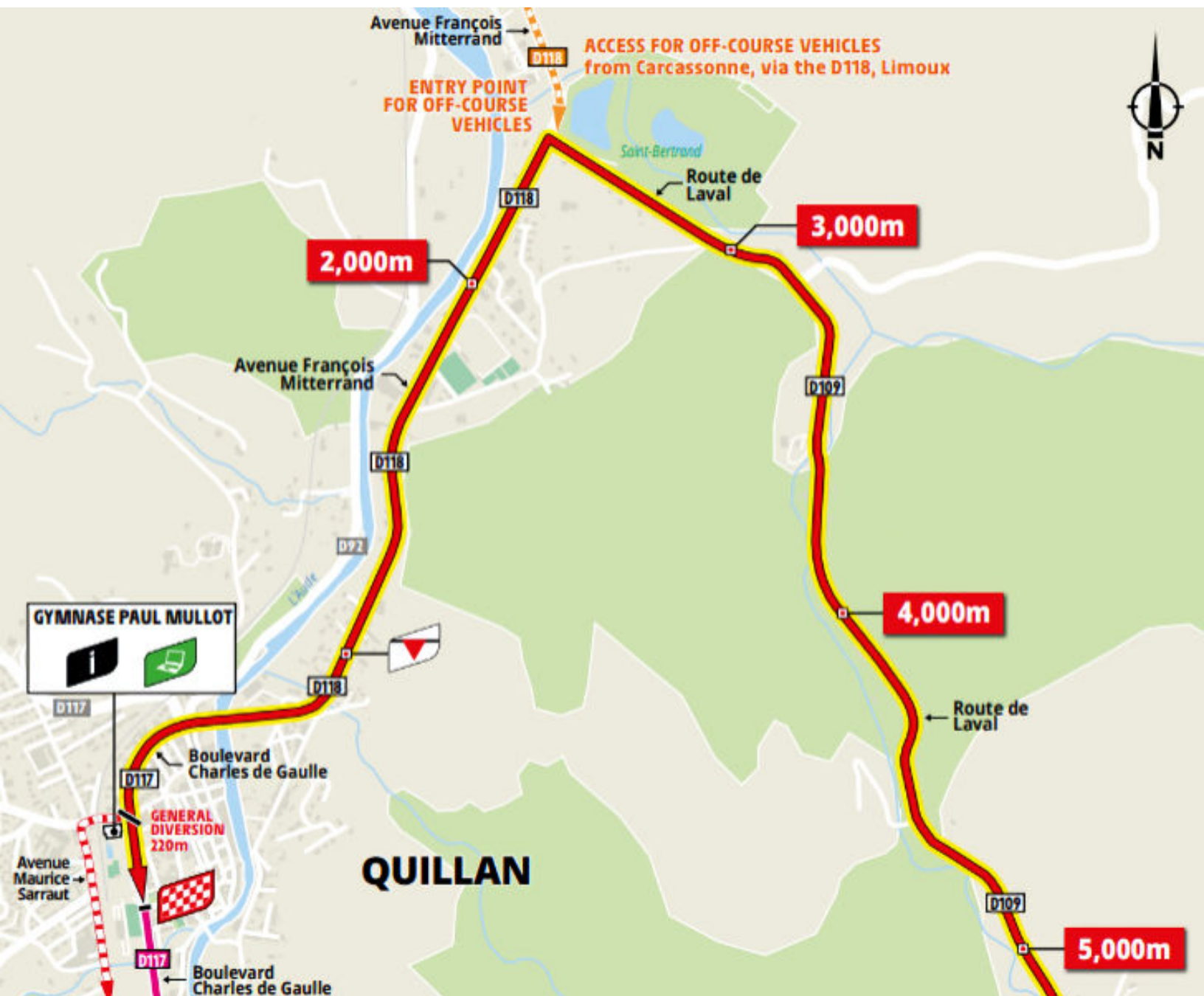
**BusterSci** Mollema has a very aero nose.

07-10-2021  
10:54:43 am



**Tim in KY** Imagined finish time is 16:59.

07-10-2021  
10:54:59 am







**Charlie in Tenn** Mollema was a good pick. dang it.

07-10-2021  
10:56:16 am



**BusterSci** Pretty good imagination today.

07-10-2021  
10:56:25 am



**Mikey** Will he get fined for taking his hands off the bars before the finish?

07-10-2021  
10:57:18 am



**BusterSci** No

07-10-2021  
10:57:32 am



**BusterSci** About 5:36 is where Rigo needs to come in.

07-10-2021  
10:58:49 am



**BusterSci** 48:44 is the time cut. Nobody in danger.

07-10-2021  
11:00:30 am



**BusterSci** They're not coming in hot. Martin will be in second

07-10-2021  
11:01:22 am



**Charlie in Tenn** <https://rumbletalk-images->

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07-10-2021  
11:02:36 am



**BusterSci** McCrossan says Martin will be near Pog. He'll still be nearly 5 minutes away.

07-10-2021  
11:03:19 am



**BusterSci** Ok. Salmon curing time.

07-10-2021  
11:04:38 am



**Katie S** Again: Happy Birthday, Charlie!! Enjoy your day.

07-10-2021  
11:05:44 am



**Charlie in Tenn** Thanks. No idea what wine will be with dinner. Everyone enjoy your dinners.

07-10-2021  
11:06:13 am



**Charlie in Tenn** <https://rumbletalk-images->

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07-10-2021  
11:08:46 am

Étape 14 : Carcassonne • Quillan  
Classement provisoire étape

1	B. Mollema		TFS	4h16'16"
2	P. Konrad		BOH	+ 1'04"
3	S.A. Higuita		EFN	+ 1'04"
4	M. Cattaneo		DQT	+ 1'06"
5	M. Woods		ISN	+ 1'10"
6	O. Fraile		APT	+ 1'25"
7	E. Gesbert		ARK	+ 1'25"
8	Q. Pacher		BBK	+ 1'25"
9	L. Meintjes		IWG	+ 1'25"
10	J.E. Chaves		BEX	+ 1'28"

Étape 14 : Carcassonne • Quillan  
Classement général provisoire

1	T. Pogacar		UAD	56h50'21"	
2	G. Martin		COF	+ 4'04"	
3	R. Uran		EFN	+ 5'18"	
4	J. Vingegaard		TJV	+ 5'32"	
5	R. Carapaz		IGD	+ 5'33"	
6	B. O'Connor		ACT	+ 5'58"	
7	W. Kelderman		BOH	+ 6'16"	
8	A. Lutsenko		APT	+ 6'30"	
9	E. Mas		MOV	+ 7'11"	
10	M. Cattaneo		DQT	+ 9'48"	



**Charlie in Tenn** The guys 10 min plus seem to be free to go for the breaks.  
We will see what happens tomorrow.

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07-10-2021  
11:09:50 am