



**Tim in KY** VaE Stage 9 is 188 kilometers in the mountains of southeastern Spain from Puerto Lumbreras to a summit finish on the Alto de Velefique.

08-21-2021  
02:31:01 pm



**Tim in KY** [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629570973-stage-9-route.jpg)

08-21-2021  
02:31:15 pm

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629570973-stage-9-route.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629570973-stage-9-route.jpg)



**Tim in KY** There are four categorized climbs on the route and the first one doesn't start until 64 kilometers into the race, but there really isn't a flat kilometer from the very start. The first climb is a Cat 2, followed by a Cat 1, then a Cat 3 and the HC finale.

08-21-2021  
02:31:42 pm



**Tim in KY** [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629571012-stage-9-profile.jpg)

08-21-2021  
02:31:54 pm

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629571012-stage-9-profile.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629571012-stage-9-profile.jpg)



**Tim in KY** The Cat 1 is very long, 29 kilometers, but only the section from kms 16 to 22 is particularly challenging. Overall, the gradient averages just 4.4%.

08-21-2021  
02:32:35 pm



**Tim in KY** [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629571064-stage-9-venta-luisa.jpg)

08-21-2021  
02:32:46 pm

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629571064-stage-9-venta-luisa.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629571064-stage-9-venta-luisa.jpg)



**Tim in KY** The HC finale is 13.2 kilometers averaging 6.4%. The first 5 km are the steepest.

08-21-2021  
02:34:33 pm



**Tim in KY** [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629571182-stage-9-velefique.jpg)

08-21-2021  
02:34:43 pm

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629571182-stage-9-velefique.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629571182-stage-9-velefique.jpg)



**Tim in KY** Kilometer zero is scheduled for 12:08 with finish imagined either side of 17:30. Live stream doesn't start until 14:50 "about the time of the intermediate sprint and the start of the Cat 1 climb. Forecast is for cloudy skies with temps pushing 30.

08-21-2021  
02:35:37 pm



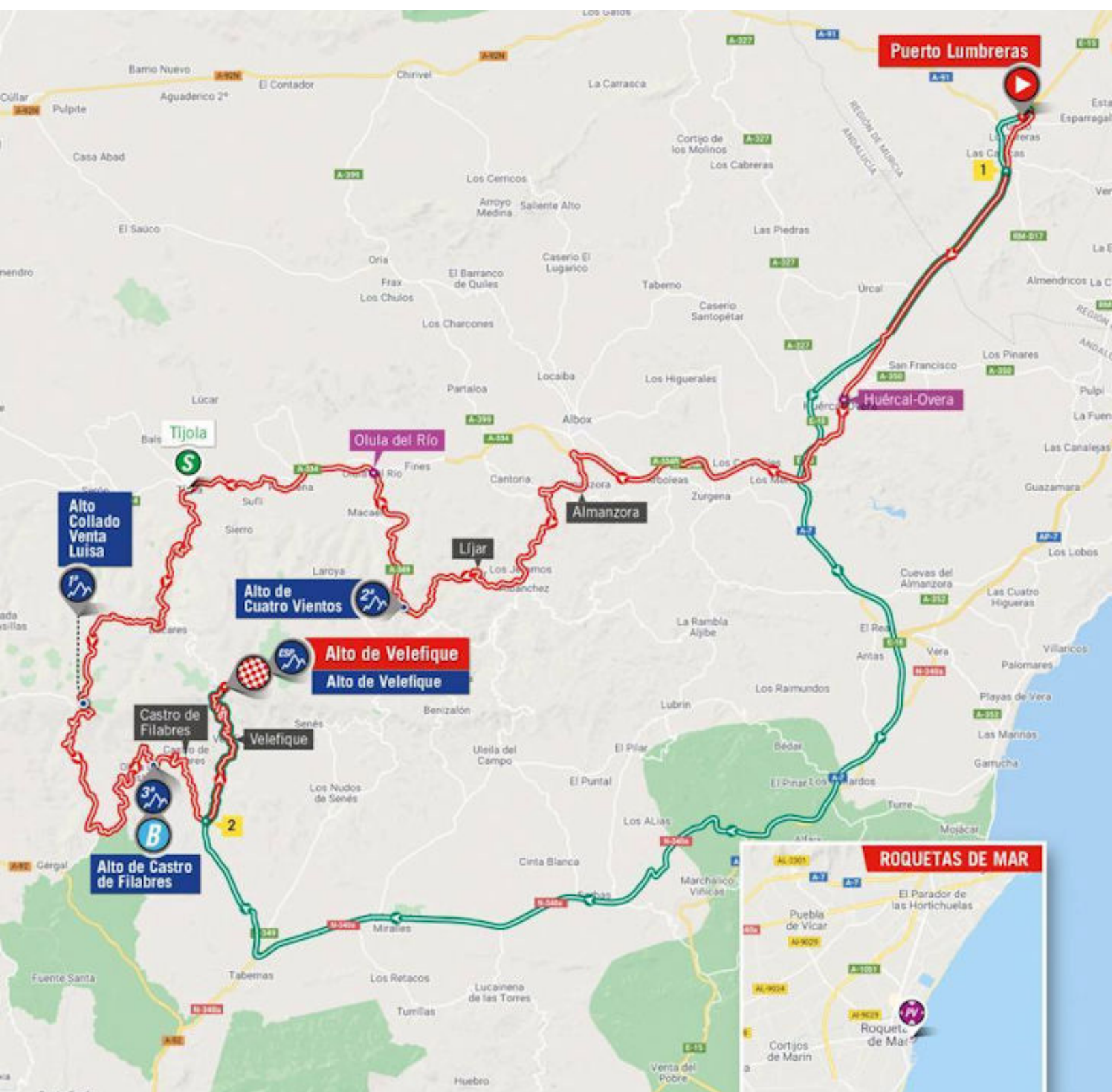
**Charlie in Tenn** Thanks Tim.

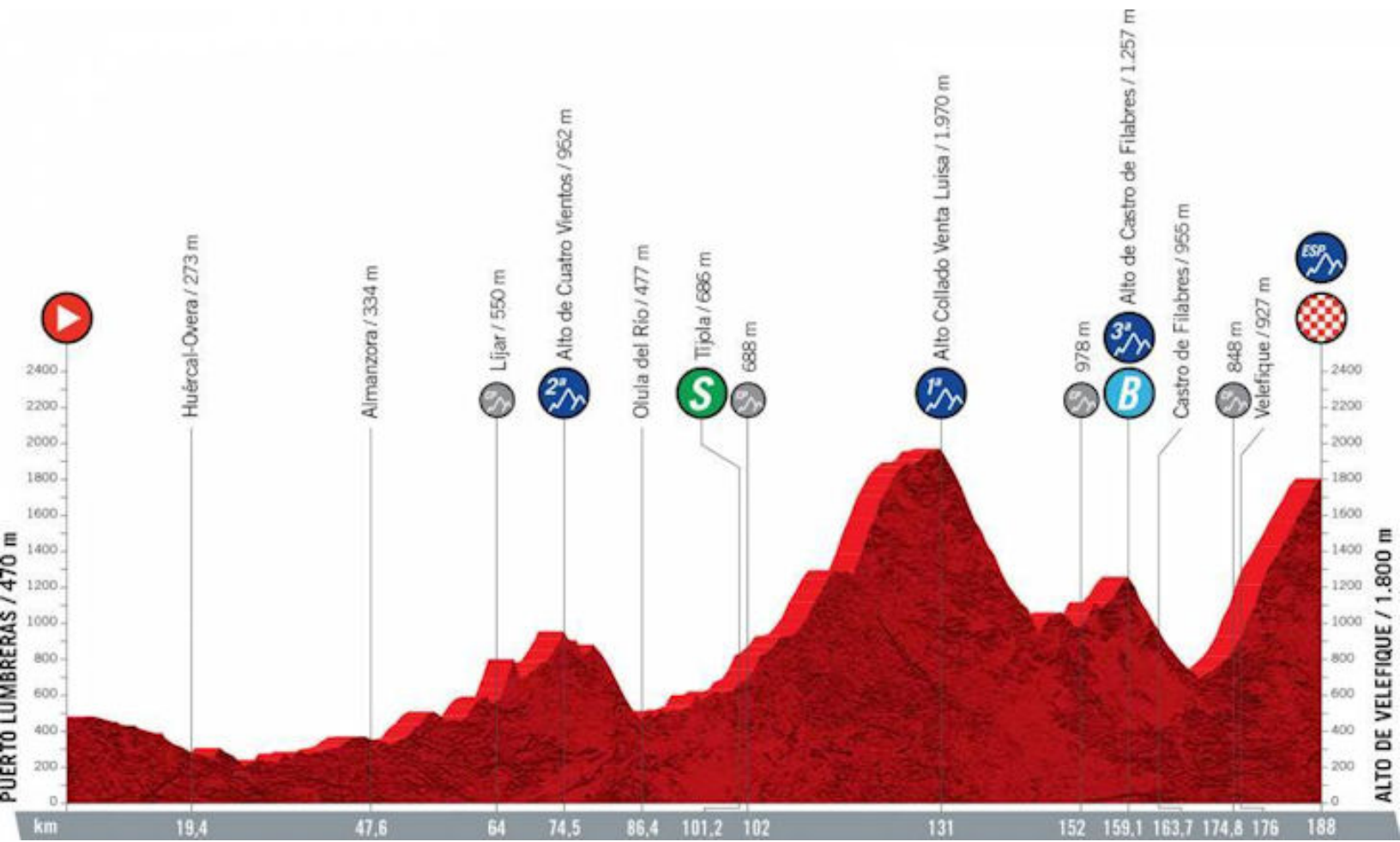
08-21-2021  
03:11:23 pm



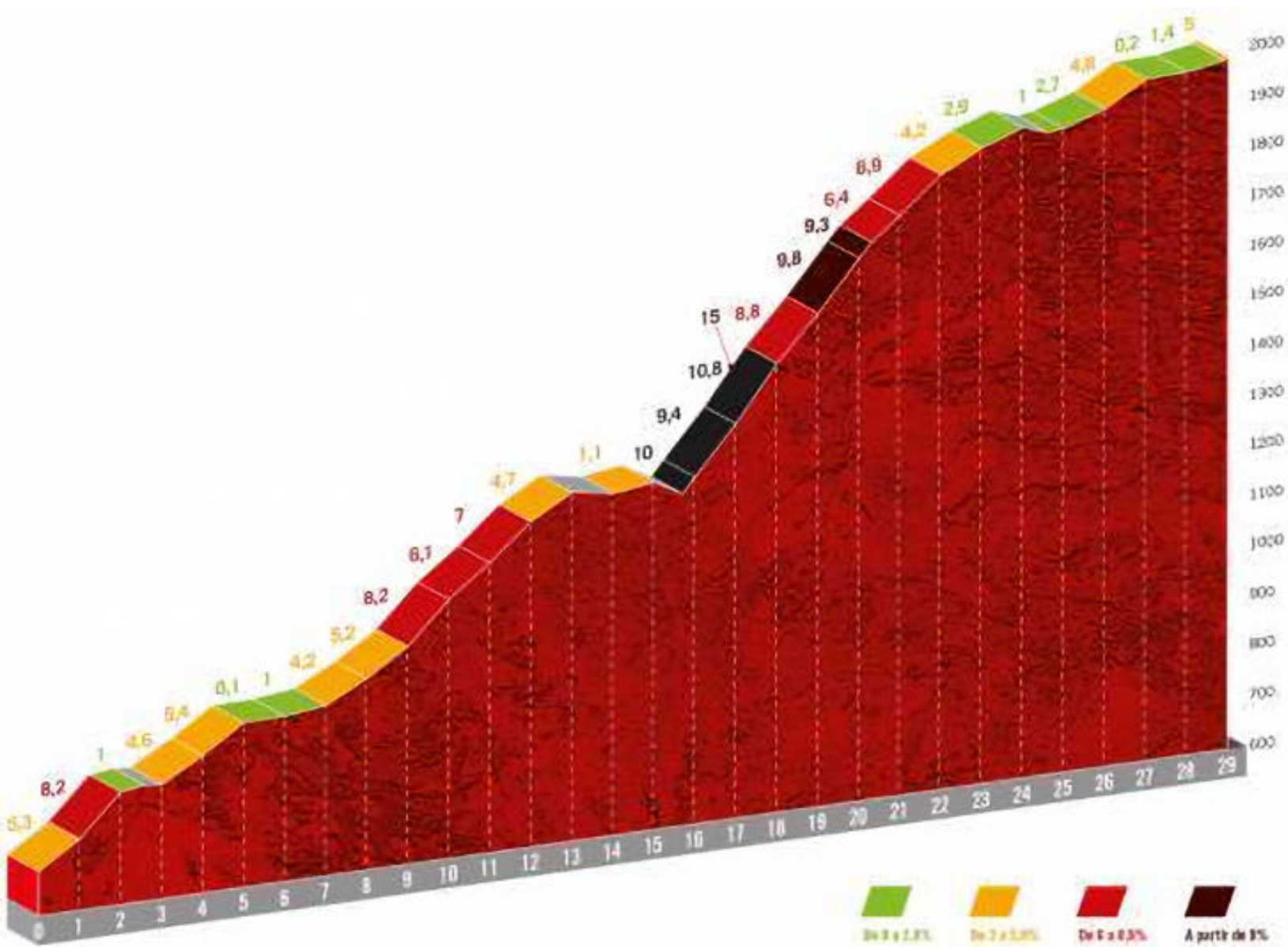
**BusterSci** Here

08-22-2021  
06:59:12 am

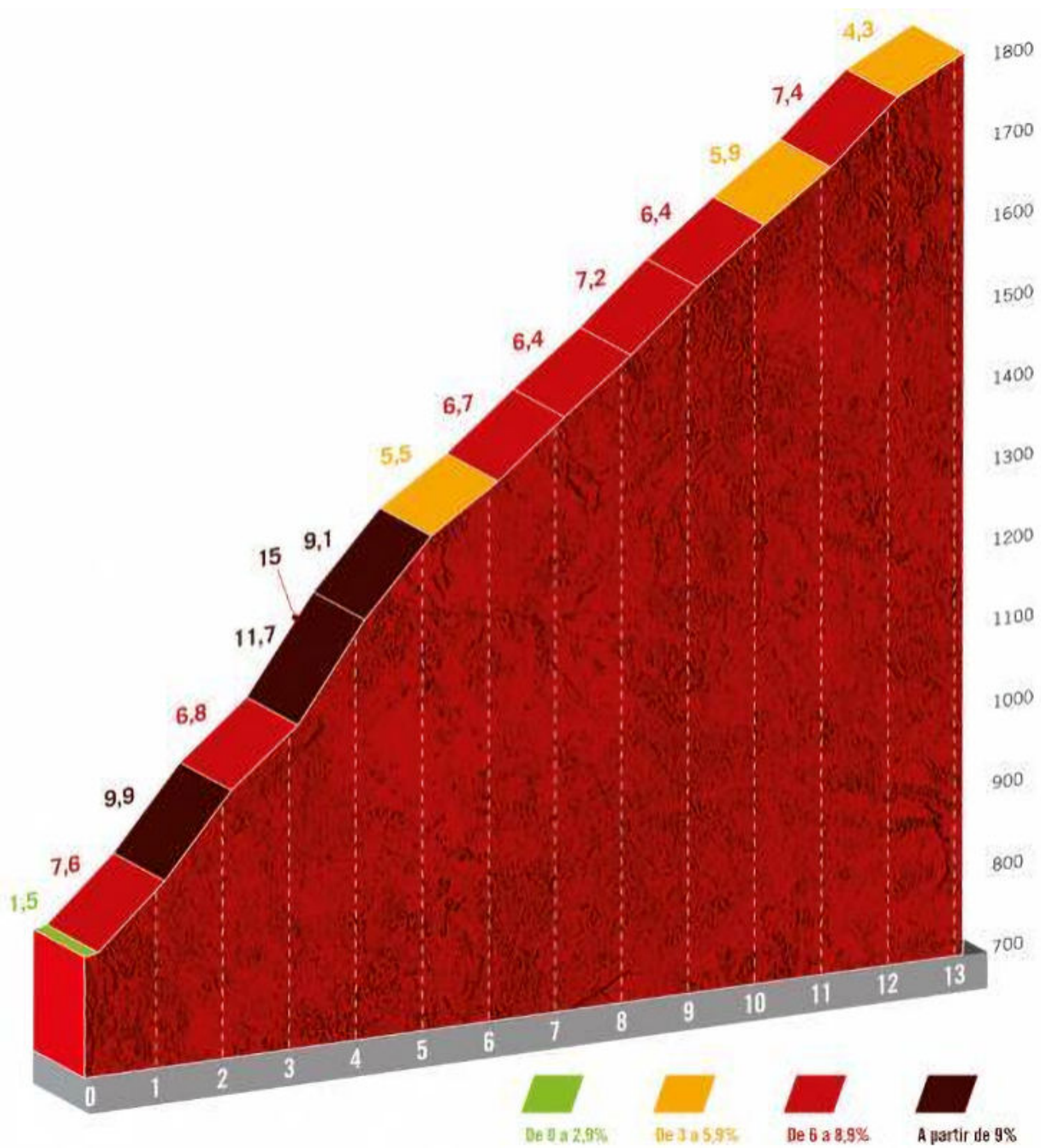














**BusterSci** The first 30km took 33m. Â That's speedy, although it's mostly downhill.

08-22-2021  
07:01:29 am



**BusterSci** Hey, Tim

08-22-2021  
07:08:26 am



**Tim in KY** Currently a half hour faster than the fastest imaginable...Â That will change when the climbing starts shortly.

08-22-2021  
07:09:07 am



**Tim in KY** Morning Buster. That there is no break yet is a bit surprising.

08-22-2021  
07:09:41 am



**BusterSci** If you saw CN, Kuss and Rubio both had mechanicals and it took them 12km of chasing together to get back on. Â I doubt Kuss will be much help to Rog today

08-22-2021  
07:11:13 am



**Tim in KY** Only the one DNF yesterday, Cimolai (ISN). No DNS today. I did see the Kuss story.

08-22-2021  
07:13:03 am



**BusterSci** CN also says today has the two highest mountains of the race this year. Â Odd that neither are above 2000m.

08-22-2021  
07:15:51 am



**Tim in KY** Not particularly steep today, either.

08-22-2021  
07:16:40 am



**Tim in KY** Chores for a bit.

08-22-2021  
07:16:51 am



**BusterSci** 50.1km in the first hour of racing.

08-22-2021  
07:18:04 am



**Tim in KY** On the Cat 2 now.Â Still no established break.Â Not for lack of attempts.

08-22-2021  
07:34:21 am



**BusterSci** This is what happens on mountain stages before rest days now. Â I would think this would have been an interesting stage to watch from the start.

08-22-2021  
07:38:43 am



**Charlie in Tenn** I am here

08-22-2021  
07:42:49 am



**Tim in KY** The flatlanders have dropped off the back but still no break.

08-22-2021  
07:44:14 am



**Tim in KY** ASO ticker says, "The bunch has exploded".Â Whatever that means.

08-22-2021  
07:44:48 am



**Charlie in Tenn** How was the paint yesterday

08-22-2021  
07:45:14 am



**BusterSci** CN reads ASO. Â I read CN. Poel's attack and other riders going after him has exploded the peloton.Â There are only 40 or so riders left in the red jersey group.

08-22-2021  
07:45:45 am



**Charlie in Tenn** and how is your body Buster

08-22-2021  
07:46:16 am



**BusterSci** Back and right arm are unhappy.

08-22-2021  
07:46:33 am



**BusterSci** Thanks for asking.

08-22-2021  
07:46:43 am



**BusterSci** Speaking of paint, how were the stamps?

08-22-2021  
07:47:02 am



**Charlie in Tenn** Well, I have a full on summer cold. Running nose up until it decides to clog up then running again 20 min later,Â sore throat with a little cough. Burning through kleenex with style.

08-22-2021  
07:49:32 am



**Tim in KY** Poels is still alone over the top.Â GC group is just 0:15 behind.

08-22-2021  
07:49:35 am



**Charlie in Tenn** I always thought Poels was a good rider. He has had a few good wins through the years.

08-22-2021  
07:50:28 am



**Charlie in Tenn** KOM Poels 5, Bardet 3, Cepeda 1

08-22-2021  
07:51:59 am



**Tim in KY** I am going to take a walk before it gets too hot.Â Please have a break established by the time I get back.Â Poels last win was over 2 years ago.

08-22-2021  
07:52:09 am





**BusterSci** I've always used Steephill to see what time the streaming starts.  
Â They haven't even tried to be accurate this year.

08-22-2021  
07:52:45 am



**Charlie in Tenn** We will work on that break for you. Have a good walk.

08-22-2021  
07:52:46 am



**BusterSci** have you had that summer cold tested, Charlie?

08-22-2021  
07:58:21 am



**BusterSci** Rafal Majka (UAE), Geoffrey Bouchard (AG2R) and Nick Schultz (BikeExchange) Â giving it a go

08-22-2021  
07:58:49 am



**BusterSci** Now Molard and Le Gac try

08-22-2021  
08:00:19 am



**Charlie in Tenn** No on the test. My daughter had a test 3 weeks ago and my son last week. Both were negative. I feel like I got it from them.

08-22-2021  
08:00:39 am



**BusterSci** I was just thinking that since you're hanging out with me online it might be evidence you've got no taste.

08-22-2021  
08:01:45 am



**Charlie in Tenn** Johan Jacobs (Movi) abandoned

08-22-2021  
08:01:46 am



**Charlie in Tenn** Nice setup. well done.

08-22-2021  
08:02:07 am



**BusterSci** It actually wasn't intended as a set-up, but once I created the opportunity I had to take it.

08-22-2021  
08:02:41 am



**BusterSci** Still 15s for the two FDJ riders.

08-22-2021  
08:03:15 am



**BusterSci** Caruso, Majka and Kenny have joined the FDJ duo

08-22-2021  
08:05:53 am



**BusterSci** Now Bardet and Stannard

08-22-2021  
08:06:06 am



**BusterSci** Still only 15s

08-22-2021  
08:06:30 am



**Charlie in Tenn** Speaking of taste, I am using some ColdEze zinc lozenges. These are among the worst tasting things ever. They have a very bitter almost peppery flavor and because they are lozenges, you have to suck on them. Yuk. Rating 1 star because they might work.

08-22-2021  
08:06:33 am



**BusterSci** Zinc has been shown to be effective, but it can also destroy your sense of taste.

08-22-2021  
08:07:04 am



**BusterSci** My bad, Loss of smell. Â Also, if you want to try zinc, look for products that contain zinc acetate, which is far more effective than zinc gluconate.

08-22-2021  
08:08:41 am



**Charlie in Tenn** good to know.

08-22-2021  
08:09:15 am



**Charlie in Tenn** 40 kms of uphill

08-22-2021  
08:09:38 am



**BusterSci** And avoid anything listing "zincum" because it's homeopathic quackery.

08-22-2021  
08:09:48 am



**Charlie in Tenn** Tiz says 25 min until feed

08-22-2021  
08:10:17 am



**Charlie in Tenn** video feed

08-22-2021  
08:10:26 am



**BusterSci** Also, you'll be happy to know that zinc gluconate is used as a chemical castration method in dogs. Â So have fun with that.

08-22-2021  
08:10:43 am



**Charlie in Tenn** No. Homeopathic is great. I saw it on FB.

08-22-2021  
08:11:11 am



**BusterSci** Three more in the break, including Calamity Jane

08-22-2021  
08:12:09 am



**BusterSci** They have 1:07. Â Best placed rider is Molard at 5:09

08-22-2021  
08:12:43 am



**Charlie in Tenn** I have none of them.

08-22-2021  
08:13:00 am



**BusterSci** Tobias Johannessen of Norway has won the Top de l'Avenir by 7s. 08-22-2021 08:13:48 am

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**BusterSci** Tour. Â Dammit. 08-22-2021 08:13:55 am

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**BusterSci** Why does autocorrect change "Tour" to "Top" but now change "de l'Avenir" to anything? 08-22-2021 08:14:32 am

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**BusterSci** Not a long leash. Â 1:07 08-22-2021 08:14:52 am

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**BusterSci** About 5km from the sprint 08-22-2021 08:15:18 am

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**BusterSci** 2:27 the gap. 08-22-2021 08:21:13 am

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**Charlie in Tenn** That is a good group in the break. Rog has no worries from them. 08-22-2021 08:21:39 am

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**BusterSci** Is Rog trying to give red away again? 08-22-2021 08:21:43 am

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**BusterSci** Caruso could be a bit scary. 08-22-2021 08:22:44 am

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**Charlie in Tenn** Probably just judging his performance by the GC guys around him. All of them will want to keep the gap less than 5 min. Molard is not a threat, is he? Maybe more like 4 min at the finish. 08-22-2021 08:25:28 am

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**BusterSci** Depends on what a threat means. Â Molard probably is FDJ's GC ambition, but can't TT. 08-22-2021 08:27:20 am

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**Charlie in Tenn** Calamity Jane at 6:24, Caruso at 6:47 everyone else at 12+ So for Rog it might be a time for an easy day. I think the other GC hopefuls have to attack Rog. Movistar and Ineos need to try something. 08-22-2021 08:28:57 am

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**Katie S** Good morning, friends oâ€™ mine. 08-22-2021 08:37:36 am

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**BusterSci** Hi, Katie 08-22-2021 08:39:00 am





**BusterSci** Charlie, I think you're right. Â I also think Rog gets to not care today. Â If someone in the break takes red, his team is off the hook next week, and Rog gets a real rest day instead of doing pressers. Â But the guys following him are all wondering how Caruso or Molard might affect their overall GC position. Â Rog is way more concerned about Bernal than he is anyone in the break.

08-22-2021  
08:41:37 am



**John** Hi Katie! Hey all!

08-22-2021  
08:41:45 am



**BusterSci** Hi, John. Â John, what's your time shift from the race?

08-22-2021  
08:42:09 am



**John** 2 hours, I think. It's 445pm here now

08-22-2021  
08:42:40 am



**Katie S** It'll be interesting to see how the attacks play out on the climb with the early steep pitch. Who's good at punching early then keeping a high pace on a gentler slope?

08-22-2021  
08:42:41 am



**Katie S** hi John

08-22-2021  
08:42:55 am



**John** That Valverde guy was pretty good at that, Katie :(

08-22-2021  
08:44:08 am



**Katie S** sigh

08-22-2021  
08:45:00 am



**BusterSci** I don't recall where, but I've seen or heard recent analysis that said the winning approach on that type of climb is usually to stay with the pack when steep and attack when it subsides. Â The guys that attack steep are usually spent on the shallower slopes and get passed. Â I have no idea how valid that is overall, but I saw it play out that way a couple times after I read/heard the theory.

08-22-2021  
08:45:19 am



**BusterSci** I suppose it all comes down to how much charge the battery has left. Â You can read the figuratively or literally and I won't protest.

08-22-2021  
08:47:01 am



**Katie S** Not a bad plan. Takes discipline. This climb certainly does not suit Bernal.

08-22-2021  
08:47:04 am



**Katie S** yesterday an arse on a fully electric "e-bicycle" with a small child riding on the top tube came flying past us in a busy pedestrian/bike path down

08-22-2021  
08:50:10 am

by the harbor yesterday. I hollered at him to slowdown , followed by a vulgarity related to his posterior as said posterior flashed its crevasse as he zoomed off. I was treated to a one-finger salut. He then also took out a 70-year-old woman with a pooch on leash, who also hollered at him. I



**Katie S** ihe Had to be going 25 mph

08-22-2021  
08:50:47 am



**Katie S** ALMOST took out the lady and her dog

08-22-2021  
08:51:13 am



**Charlie in Tenn** So ColdEze zinc is zinc gluconate and it is a homeopathic source. I am throwing away the whole box.

08-22-2021  
08:51:23 am



**Katie S** good idea , Charlie. That stuff is nasty, as you have observed

08-22-2021  
08:52:02 am



**Charlie in Tenn** I thought bike riders were all good people?

08-22-2021  
08:53:03 am



**Katie S** Considering this contraption was well motorized, I think it had no business being on the path. The

08-22-2021  
08:55:48 am



**Charlie in Tenn** Yep, those motorcycle peeps are bad people.

08-22-2021  
08:56:55 am



**Tim in KY** The time schedule imagined that live stream would begin just before the sprint. Misjudged that by over half an hour.

08-22-2021  
08:57:43 am



**Tim in KY** As always, I have no one in the break.

08-22-2021  
08:59:41 am



**Charlie in Tenn** PCS has an interesting list. Riders in the Vuelta with most GT stage victories. Roglic leads with 12, Matthews 10 but Bernal is not in the top twenty. Actually, I think he would be tied for 20th with 2 stage wins. He has 2 GC victories but only 2 stage wins.

08-22-2021  
09:00:03 am



**BusterSci** We take Rip on walks on a shared use trail. Â A majority of bike riders and walkers are very good about following the rules which are posted at every access point. Â I'm supportive of all trail use that follows the rules. Â The biggest bike specific offense is not announcing one's approach. Â The biggest dog walker offense is not picking up their shit, or worse, bagging it and leaving it on the side of the trail. Â The biggest mutual offense is riding or walking side by side and taking more than your half of the trail. Â The biggest annoyance that isn't breaking rules is talking on the damn phone non-stop.

08-22-2021  
09:01:15 am

Â Anyone can get a call, but there's one woman in our vicinity that is on the phone from the time she comes out the door to the time she goes back in. Â It doesn't really harm anyone, but it annoys me.

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**Katie S** I am totally in your camp, Buster. Anyone can be a jerk.

08-22-2021  
09:02:22 am

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**Tim in KY** Johan Jacobs (MOV) abandoned a while ago.

08-22-2021  
09:03:39 am

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**Tim in KY** IGD minding the gap.

08-22-2021  
09:04:08 am

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**John** Climbing like this for close to 30km sounds rather unappealing

08-22-2021  
09:04:44 am

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**Tim in KY** It's not very steep, but it is f-ing long.

08-22-2021  
09:06:01 am

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**BusterSci** Katie, to your e-bike complaint, I think the motorized issue needs to be resolved. Â I don't have a horse in the race, but I think it needs to be clearly laid out whether "non-motorized" includes or doesn't include e-bikes. Â The rules were originally meant for internal combustion engines. Parks and municipalities need to clarify them for e-bikes. Â Around here, most trails are designed both for recreation and for commuter use so I think e-bike use is inevitably part of the plan.

08-22-2021  
09:06:30 am

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**Tim in KY** The fastest imagined speed in 36 kph.

08-22-2021  
09:06:50 am

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**John** Pretty steeps in some parts, in case the length wasn't enough to wear you down

08-22-2021  
09:06:53 am

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**Tim in KY** Average gradient is just 4.4%.

08-22-2021  
09:08:15 am

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**BusterSci** Shifting gradients can also be difficult. Â You never get into a rhythm.

08-22-2021  
09:09:03 am

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**Katie S** Yesterday's situation was not so much about the vehicle but the operator going at blazing speeds with no regard for anyone. It was shocking that he had a 5-year-old sitting on the top tube with no safety gear of any kind. He wasn't one your run-of-the-mill jerks.

08-22-2021  
09:09:23 am

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**BusterSci** If e-bikes are allowed on non- motorized trails there will need to be a speed limit, too.

08-22-2021  
09:10:20 am



**Tim in KY** Sergio Roman Martin (Caja) and Jacopo Guarnieri (FDJ) have abandon.

08-22-2021  
09:10:57 am



**Tim in KY** 2 KU to go. 1:40.

08-22-2021  
09:11:17 am



**Katie S** I will be letting my pal the newspaper editor know that Iâ€™ll soon be submitting another column for him

08-22-2021  
09:11:20 am



**Katie S** 2KU

08-22-2021  
09:12:24 am



**Tim in KY** IGD is shedding riders trying to keep the leash short.

08-22-2021  
09:12:36 am



**BusterSci** I also think, with all the electronic doodads these days, one should be able to design an automated bike bell that senses people on the trail ahead and gives a ring at an appropriate balance of volume and distance.

08-22-2021  
09:12:38 am



**Charlie in Tenn** Caruso out front,Â 5 chasers at 31, everyone else fading back to the pack at 1:45

08-22-2021  
09:12:54 am



**Katie S** Or, better, locks up the wheelsâ€¦ heh heh heh cackle cackle

08-22-2021  
09:13:12 am



**BusterSci** Just the front wheel, Katie.

08-22-2021  
09:14:08 am



**Katie S** Exaaaaactly

08-22-2021  
09:14:37 am



**Charlie in Tenn** 5 Ineos, followed by 4 Jumbo leading the peloton. 8kms left on this hill.

08-22-2021  
09:16:52 am



**BusterSci** Bernal sticks out his tongue a lot. Â Not in a Tommy V gurning way. Â More in a panting way.

08-22-2021  
09:19:00 am



**Tim in KY** Looks like just 6 of the original 11 are left out front.

08-22-2021  
09:19:04 am



**BusterSci** Only reason to have Caruso out there right now is as a bridge for Landa.

08-22-2021  
09:20:30 am



**Katie S** Bardet have a chance for the stage today?

08-22-2021  
09:21:48 am



**Charlie in Tenn** Actually, several people have picked Caruso for the win today.

08-22-2021  
09:22:02 am



**Charlie in Tenn** Just saw an interview with him and he wanted to get in the break and go for the stage.

08-22-2021  
09:22:32 am



**Charlie in Tenn** I think all of those in front have a slight chance for the win.

08-22-2021  
09:23:09 am



**BusterSci** I don't know what to think Bardet. The Velocast guys think he should focus on the hilly classics and some 1 week races.

08-22-2021  
09:23:10 am



**Katie S** 62 more km soloâ€¦ itâ€™s been done

08-22-2021  
09:23:29 am



**BusterSci** It's been done, but with more than a 2 minute gap

08-22-2021  
09:23:47 am



**John** How is Caruso as a descender? Can he keep or increase his gap?

08-22-2021  
09:24:22 am



**BusterSci** Although there has been a strange dynamic of a GC truce on some of these big mountain stages before rest days.

08-22-2021  
09:24:33 am



**BusterSci** John, I'd argue that Crapass, who is excellent, will go to the front and keep things under control on the descent.

08-22-2021  
09:25:31 am



**Charlie in Tenn** Caruso is solid in all aspects.

08-22-2021  
09:25:44 am



**Tim in KY** Three pretty flat KM left on the climb.

08-22-2021  
09:26:51 am



**BusterSci** Agree, Charlie.

08-22-2021  
09:26:57 am



**Tim in KY** The chasing four only have 0:40 on the GC group.

08-22-2021  
09:28:00 am



**BusterSci** I argue against Caruso because he's on his own too long, he doesn't have enough cushion, and the two big GC teams behind him will be eager. The arguments for Caruso are he's a good rider and he's on Bahrain Intravenous.

08-22-2021  
09:28:05 am



**Katie S** Notoriously

08-22-2021  
09:29:09 am



**Katie S** On the British Women's Open, a seagull just picked up a player's ball from where it just landed on the fairway and moved it forward!!!

08-22-2021  
09:30:41 am



**BusterSci** The uniformity of the gap to the GC group tells me they're controlling this with intent.

08-22-2021  
09:31:14 am



**Charlie in Tenn** Golf has some funny wildlife issues.

08-22-2021  
09:32:26 am



**Tim in KY** There isn't a single EFN in the GC group.

08-22-2021  
09:32:26 am



**BusterSci** EFN's only objective now has to be stage wins, and this isn't one to burn matches on for that.

08-22-2021  
09:34:40 am



**Charlie in Tenn** Kenny absorbed into GC pack

08-22-2021  
09:35:34 am



**BusterSci** Sivakov leading the descent.

08-22-2021  
09:35:49 am



**BusterSci** Caruso has picked up 15s

08-22-2021  
09:36:19 am



**Charlie in Tenn** What is the deal with Rohan Dennis? He was not at the tour or here after being a monster last year.

08-22-2021  
09:36:45 am



**John** He seems to be taking more risks and tucking more than the bunch

08-22-2021  
09:36:59 am



**BusterSci** Ganna too, Charlie.

08-22-2021  
09:37:24 am





**BusterSci** I think Ineos took them to the Giro and let them focus on the Olympics.

08-22-2021  
09:37:50 am



**BusterSci** And probably Worlds

08-22-2021  
09:38:03 am



**Charlie in Tenn** Yeah, I think so. Also Dennis signed with Jumbo for the next 2 years. Which I find odd after he seemed to fit so well at Ineos.

08-22-2021  
09:39:43 am



**Katie S** Dennis is an enigma

08-22-2021  
09:40:14 am



**BusterSci** I hadn't seen that. Â I saw he was likely done at Ineos but didn't know he was going to Jumbo

08-22-2021  
09:40:22 am



**BusterSci** Not quite the word I'd use, Katie, but I agree with your sentiment.

08-22-2021  
09:41:10 am



**BusterSci** 30s gain for Caruso, more or less

08-22-2021  
09:41:40 am



**Katie S** Heâ€™s got that >2min gap you said he needs

08-22-2021  
09:43:57 am



**Tim in KY** I don't know if they're letting Caruso go or if they're not worried about him with two climbs to go.

08-22-2021  
09:44:01 am



**Charlie in Tenn** From Dan Lloyd, "Caruso motivated to take risks. The Gc guys need to mitigate risks so the gap should extend."

08-22-2021  
09:44:27 am



**BusterSci** The GC guys are doing now work at all right now. Â Just staying in the slipstream

08-22-2021  
09:44:36 am



**BusterSci** Charlie, to Dennis and Ineos, I suspect it comes down to not needing two TT specialists especially when one of them is very high maintenance.

08-22-2021  
09:45:49 am



**Tim in KY** Then why would JuVi want a TTing head case?

08-22-2021  
09:47:06 am



**BusterSci** Errrrmm....

08-22-2021  
09:47:34 am



**BusterSci** Time for Tony to hang it up?

08-22-2021  
09:48:15 am



**Charlie in Tenn** They also signed a young TT specialist Plapp. He won some TT this year.

08-22-2021  
09:48:39 am



**Charlie in Tenn** They being Ineos.

08-22-2021  
09:49:38 am



**Katie S** Whereâ€™s Plapp from?

08-22-2021  
09:49:45 am



**BusterSci** Oz

08-22-2021  
09:50:34 am



**BusterSci** His Wiki picture makes him look like he could have been Val Kilmer's secret love child.

08-22-2021  
09:52:17 am



**Tim in KY** What's IGD up to now.

08-22-2021  
09:52:19 am



**BusterSci** Making JuVi ride

08-22-2021  
09:53:01 am



**Katie S** Oh my (Plapp)

08-22-2021  
09:53:40 am



**Charlie in Tenn** Changing plans. Giving up the old plan, at least.

08-22-2021  
09:53:46 am



**Charlie in Tenn** Caruso looking good now.

08-22-2021  
09:54:28 am



**Katie S** I think itâ€™s his to lose.

08-22-2021  
09:57:18 am



**BusterSci** Likely true. Â But if there are GC fireworks, 13km of climbing is more than enough to lose that time.

08-22-2021  
09:59:28 am



**John** No one seems to be motivated in the GC group to do much right now. I hope he stays away.

08-22-2021  
10:02:15 am



**Rocket City Gal** Katie, this one's for you:

08-22-2021  
10:02:37 am



**Rocket City Gal** [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629641264-FC100F0B-352D-4370-8C79-2215B64F4E8A.jpeg)

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629641264-FC100F0B-352D-4370-8C79-2215B64F4E8A.jpeg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629641264-FC100F0B-352D-4370-8C79-2215B64F4E8A.jpeg)

08-22-2021  
10:02:45 am



**Katie S** Hi RCG. Ha, so true. I made zucchini ribbons with walnut basil pesto last night. And I found a "white" zucchini lasagna recipe on the Williams-Sonoma website that I'll make this week. It uses 4 pounds of zucchini!

08-22-2021  
10:04:26 am



**Katie S** How was the Snapper Veracruz?

08-22-2021  
10:06:23 am



**BusterSci** I don't like zucchini but Frau and the in-laws can eat it nonstop. And after a few days you KNOW it, if you catch my drift.

08-22-2021  
10:06:27 am



**John** Oooh, walnut pesto - love how that gives a nice spicy bite to it compared with pine nuts

08-22-2021  
10:06:46 am



**BusterSci** I think Snapper Veracruz would be a good showbiz name.

08-22-2021  
10:06:47 am



**BusterSci** Big truce in the GC group

08-22-2021  
10:07:54 am



**Rocket City Gal** The snapper was good. And super fresh.

08-22-2021  
10:08:09 am



**Rocket City Gal** 4 lb of zucchini! wow.

08-22-2021  
10:08:23 am



**Katie S** The old "stage" name (adult movies) : your first pet's name and the street you lived on. Me: Pepper Rodeo

08-22-2021  
10:10:04 am



**Tim in KY** Things have slowed down considerably, even at the front. Caruso crests only 16 minutes faster than the fastest. At one point it was over 30 minutes faster.

08-22-2021  
10:10:40 am

**It's important to lock your car doors especially now. Your friends and neighbors and even strangers will put free Zucchini in your car.**





**Rocket City Gal** Someone gifted me with a ton of sage, and I made a nice sage/parsley/walnut pesto with it. Â I freeze in ice cube trays. Â You can pull out a cube or two as needed. Great on veggies (including zucchini) or pasta. Â Going to make some rosemary pesto later today if I can find the motivation. Â Like Julia Childs, I think the food processor is the best kitchen tool ever invented.

08-22-2021  
10:11:25 am



**Tim in KY** If Caruso wins the stage, he'll have the dots.

08-22-2021  
10:11:40 am



**BusterSci** Caesar Cherry. Â I win.

08-22-2021  
10:12:06 am



**Rocket City Gal** Amaryllis Evanston.

08-22-2021  
10:12:20 am



**Rocket City Gal** Or Harry Evanston.

08-22-2021  
10:12:41 am



**Charlie in Tenn** KOM only if Bardet (or possibly Sivikov) don't get more points on the final climb.

08-22-2021  
10:13:49 am



**Charlie in Tenn** Millie Greystone - it could work.

08-22-2021  
10:14:30 am



**Katie S** The British edition? Yes. Classy.

08-22-2021  
10:14:58 am



**John** Rosie Knolls

08-22-2021  
10:15:21 am



**BusterSci** That's a good one

08-22-2021  
10:15:30 am



**John** Thatâ€™s easily a burlesque performer

08-22-2021  
10:15:49 am



**BusterSci** But have you really thought through mine?

08-22-2021  
10:16:07 am



**Charlie in Tenn** according to another site, Jacobsen may be way off the back. Possible time limit.

08-22-2021  
10:16:18 am



**Katie S** Yeahâ€™, yours is justâ€™, justâ€™, I have no words

08-22-2021  
10:16:53 am



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

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08-22-2021  
10:17:22 am



**BusterSci** That's Caesar looking up at me

08-22-2021  
10:17:35 am



**Katie S** Beagle?

08-22-2021  
10:18:22 am



**BusterSci** Mostly. Â Dad thought dogs should eat as much as they want.  
Â He was a good 55 pounds.

08-22-2021  
10:18:46 am



**Katie S** I was going to be polite and suggest a fisheye lens was in use

08-22-2021  
10:19:17 am



**Charlie in Tenn** What is Dad looking at?

08-22-2021  
10:19:21 am



**John** Ooof, thatâ€™s a big Beagle

08-22-2021  
10:19:22 am



**Tim in KY** JuVi continues not to give a crap.

08-22-2021  
10:19:55 am



**BusterSci** No idea what he was looking at. Â Maybe he left his scotch on the ceiling.

08-22-2021  
10:20:22 am



**Charlie in Tenn** Back to the race Ineos must have been just keeping Caruso within a certain time gap. Nothing else could be the answer.

08-22-2021  
10:20:25 am



**BusterSci** JuVi doesn't want to ride because they expect attacks on the final climb

08-22-2021  
10:23:01 am



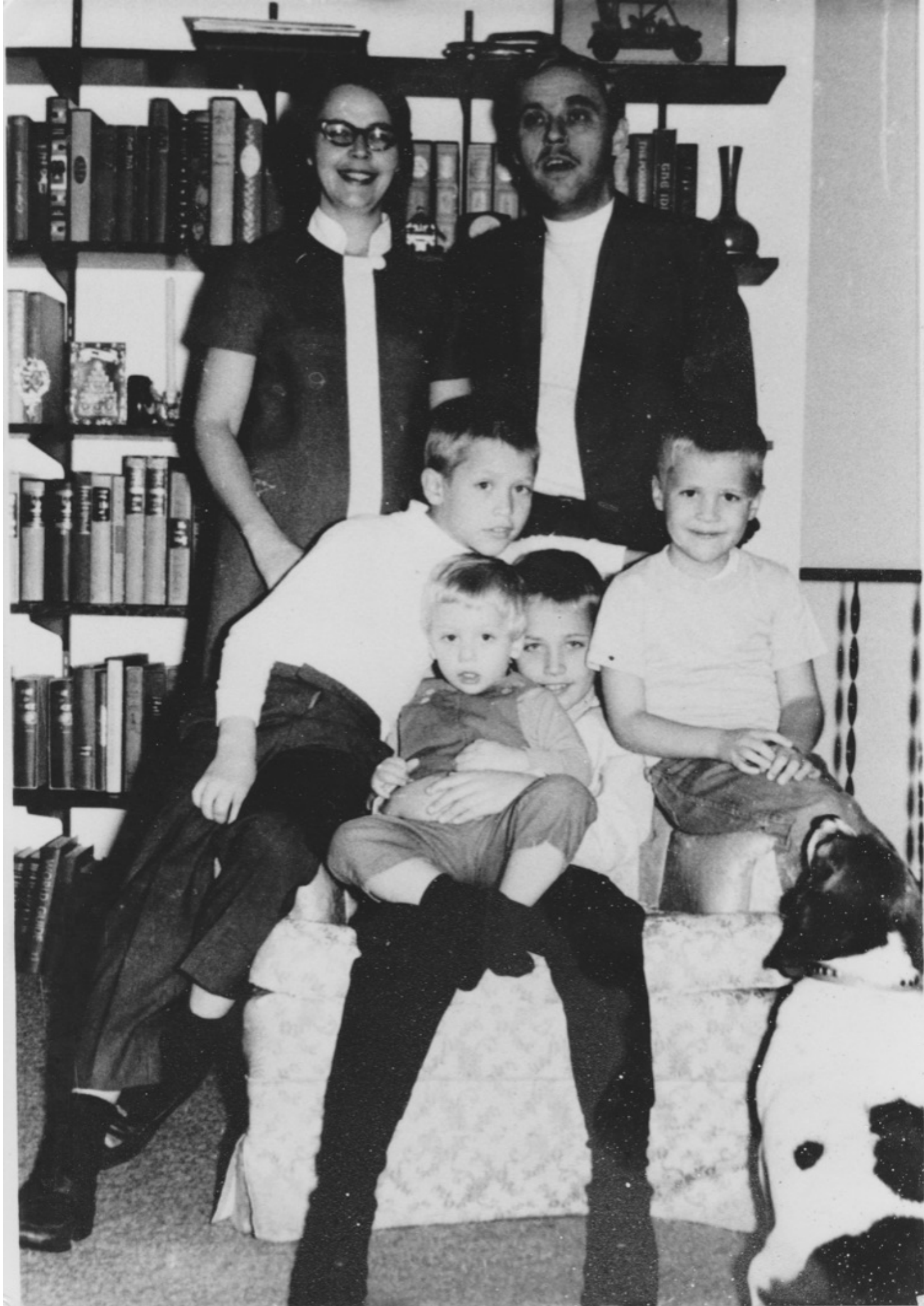
**Toulouse** Sorry, I am OTB again, but I don't think Patches Tincup has that glamor ring that other names do.

08-22-2021  
10:23:04 am



**Rocket City Gal** I like it. Â Sounds like one of those sad-sack clowns though.

08-22-2021  
10:23:37 am





**Tim in KY** If Caruso wins the stage he'll have 25 KOM points. To keep the dots, Sivakov would have to finish second (10 points), to get dots Bardet would have to finish third (6 points) or second.

08-22-2021  
10:24:33 am



**Rocket City Gal** I have tried some limited ice dyeing while on the knee scooter. Â This was my fave from yesterday:

08-22-2021  
10:24:44 am



**Rocket City Gal** <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629642590-1629642290641.jpeg>

08-22-2021  
10:24:53 am



**John** Nice!

08-22-2021  
10:25:10 am



**John** Thatâ€™s really cool

08-22-2021  
10:25:36 am



**Toulouse** That's cool. Icy cool.

08-22-2021  
10:25:45 am



**Rocket City Gal** Folded shirt put on an incline and melting ice in gravity pulls the dye in cool swoopy drippy patterns.

08-22-2021  
10:25:52 am



**Katie S** Itâ€™s a t-shirt the the Wookie (sash thing)

08-22-2021  
10:25:58 am



**BusterSci** Ice, Ice, baby.

08-22-2021  
10:26:00 am



**BusterSci** That is a perfect shirt, folded on an incline.

08-22-2021  
10:26:27 am



**John** Speaking of names and things, if you want to spend a few entertaining minutes, try this quiz which makes you guess if the word is a drug or a Tolkien character

08-22-2021  
10:27:32 am



**John** <https://antidepressantsortolkien.vercel.app>

08-22-2021  
10:27:34 am



**Rocket City Gal** This was my spectacular fail. Also an inclineâ€™ didnâ€™t â€œtakeâ€ the dye well.

08-22-2021  
10:27:50 am











**Rocket City Gal** <https://rumbletalk-images->

08-22-2021

10:27:58 am

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**Katie S** I think it still looks cool.

08-22-2021

10:28:35 am



**John** RCG, what size is the ice dye? Iâ€™d love to buy one like that

08-22-2021

10:29:05 am



**Rocket City Gal** <https://rumbletalk-images->

08-22-2021

10:29:11 am

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**Toulouse** That one has the Grinch under an owl.

08-22-2021

10:29:48 am



**BusterSci** 14 of 24. Â Harder than I expected.

08-22-2021

10:29:58 am



**Tim in KY** Last climb starts with 13.2 km to go.

08-22-2021

10:30:12 am



**Charlie in Tenn** Sad sack clown was funny. The first shirt is good. I like the second one but not as much.

08-22-2021

10:30:29 am



**bikerabe** Bernal having bad day

08-22-2021

10:30:38 am



**Rocket City Gal** John, that oneâ€™s a large, heavy weight cotton. I think itâ€™s about 21 inches armpit to armpit. Â I can make something similar in your size.

08-22-2021

10:30:58 am



**Tim in KY** Bernal looks fine to me.

08-22-2021

10:31:16 am



**John** I got about that too, Buster. Not easy, which Iâ€™m sure is a reflection on the drug industry

08-22-2021

10:31:18 am



**BusterSci** And the fact that it's been ages since I've read the Silmarillion.

08-22-2021

10:31:46 am









**John** Thanks RCG. An XL like that one would be great.

08-22-2021  
10:32:00 am



**Rocket City Gal** Iâ€™m a sponsor of the LUGnuts chat room and my info (The Pathological Dyer) is on this page.

08-22-2021  
10:32:15 am



**John** I probably wear an L but the cheap combo machines here have a tendency to shrink clothes

08-22-2021  
10:32:32 am



**Katie S** 13 of 24

08-22-2021  
10:32:47 am



**Rocket City Gal** John, are you in US? Â I donâ€™t really do international shippingâ€¦.

08-22-2021  
10:33:00 am



**BusterSci** I wear an L. Â On my forehead.

08-22-2021  
10:33:12 am



**John** Iâ€™m not but we have a house in Florida. Mail and packages tend to pile up to give us a Christmas whenever we get back home.

08-22-2021  
10:33:31 am



**John** Nice one Buster

08-22-2021  
10:33:52 am



**Rocket City Gal** Email me and we can work out the details

08-22-2021  
10:34:24 am



**John** Will do. Thanks

08-22-2021  
10:34:33 am



**Tim in KY** 15 of 24, but then I've never read a word by Tolkien.

08-22-2021  
10:35:11 am



**Toulouse** I haven't read Tolkien either. I got 13. I KNEW 3 answers and guessed at everything else.

08-22-2021  
10:36:07 am



**Charlie in Tenn** 12 of 24 I have read some Tolkien but know nothing about drugs.

08-22-2021  
10:36:17 am



**Toulouse** You say that like it's a bad thing.

08-22-2021  
10:36:29 am



**Katie S** Chain drop for Bardet

08-22-2021  
10:37:26 am



**BusterSci** I only learned later in life that at the time I first encountered Tolkien in the early 70s almost nobody would say what Charlie just wrote.

08-22-2021  
10:37:37 am



**Tim in KY** Small mechanical for Bardet.

08-22-2021  
10:37:37 am



**Charlie in Tenn** The Tolkien was good. I am over 60 and only have one prescription. That is good.

08-22-2021  
10:37:39 am



**John** That;â€™s very good, Charlie

08-22-2021  
10:38:06 am



**Tim in KY** IGD back at the front.

08-22-2021  
10:39:03 am



**BusterSci** 58 in 4 weeks and I only occasionally use prescription topicals for my psoriasis. Â Especially in the winter.

08-22-2021  
10:39:24 am



**Charlie in Tenn** True Buster. What little I know of drugs has nothing to do with scientific names.

08-22-2021  
10:39:31 am



**Charlie in Tenn** that is also good, Buster.

08-22-2021  
10:40:06 am



**Katie S** 10k for Caruso

08-22-2021  
10:40:12 am



**BusterSci** Can't survive without my OTC Prevacid, though.

08-22-2021  
10:40:38 am



**Charlie in Tenn** Jumbo out the back, Kuss?

08-22-2021  
10:41:06 am



**Tim in KY** Landa lagging.

08-22-2021  
10:41:30 am



**John** Oomen

08-22-2021  
10:41:38 am



**Charlie in Tenn** Yes, John, thanks.

08-22-2021  
10:41:56 am



**BusterSci** Somebody got the wrong bag...

08-22-2021  
10:42:24 am



**Tim in KY** Not Kuss, Bouwman

08-22-2021  
10:42:40 am



**Charlie in Tenn** I have Landa and Oomen, of course.

08-22-2021  
10:42:43 am



**Tim in KY** Caruso looking a bit tuckered.

08-22-2021  
10:44:35 am



**BusterSci** Yates attacks

08-22-2021  
10:45:20 am



**BusterSci** Kuss goes with

08-22-2021  
10:45:25 am



**BusterSci** And Superman

08-22-2021  
10:45:32 am



**BusterSci** Kuss drops off

08-22-2021  
10:45:41 am



**BusterSci** Kuss returns

08-22-2021  
10:46:00 am



**Charlie in Tenn** racing

08-22-2021  
10:46:08 am



**bikerabe** Go Sepp Go

08-22-2021  
10:46:52 am



**bikerabe** Rog goes

08-22-2021  
10:48:05 am



**BusterSci** Rog closes with no prolems

08-22-2021  
10:48:07 am



**Charlie in Tenn** I saw that coming

08-22-2021  
10:48:50 am



**Katie S** Poor Caruso will be lucky to get any more TV time

08-22-2021  
10:49:07 am



**Rocket City Gal** I thought Landa would be a lot betterâ€¦

08-22-2021  
10:50:10 am



**BusterSci** So did Landa

08-22-2021  
10:50:24 am



**Rocket City Gal** Caruso is looking good.

08-22-2021  
10:52:33 am



**BusterSci** Truce again int eh GC quintet

08-22-2021  
10:52:48 am



**Rocket City Gal** Just think if Valverde was still in it. Â Sigh.

08-22-2021  
10:53:19 am



**Katie S** Sigh

08-22-2021  
10:53:32 am



**John** sigh

08-22-2021  
10:53:47 am



**BusterSci** I'm so bummed about my performance on that Tolkien/Antidpressant test that I had to go get an extra dose of Fatty Lumpkin.

08-22-2021  
10:54:19 am



**Rocket City Gal** I only got 17 of 24â€¦

08-22-2021  
10:54:40 am



**BusterSci** That's good!

08-22-2021  
10:54:47 am



**BusterSci** Best score of the bunch.

08-22-2021  
10:55:09 am



**Katie S** You are the race leader

08-22-2021  
10:55:11 am



**BusterSci** Rocket City Caruso

08-22-2021  
10:55:25 am



**John** Kiss looks unhappy but happy with the truce

08-22-2021  
10:55:26 am



**BusterSci** Yates goes

08-22-2021  
10:56:04 am



**BusterSci** Superman goes

08-22-2021  
10:56:08 am



**BusterSci** Rog closes

08-22-2021  
10:56:12 am



**BusterSci** Mas with Lopez

08-22-2021  
10:56:25 am



**Katie S** Why do I have this odd bias against Yates?

08-22-2021  
10:56:40 am



**BusterSci** Because from the front his riding position looks like he's pushing a wheelbarrow

08-22-2021  
10:56:57 am



**Rocket City Gal** Iâ€™m in week 5 of cast. Â Am even more of a Fatty Lumpkin than I was before the cast. Â Has some skin maceration in one area under the last cast, so Iâ€™m trying not to sweat at all right now. Â Hand weight arenâ€™t really cutting it for exercise.â€

08-22-2021  
10:57:06 am



**John** Because youâ€™ve been burned by them in fantasy leagues? Oh, wait, thatâ€™s me

08-22-2021  
10:57:14 am



**BusterSci** Lopez leads, Rog follows and Yates struggles a bit

08-22-2021  
10:58:20 am



**John** 5km for the Rog group

08-22-2021  
10:58:29 am



**Rocket City Gal** Donâ€™t pick a Yates and he wins. Pick a Yates and he doesnâ€™t do squat. Â Every single Velogames thing.

08-22-2021  
10:58:35 am



**John** RCG - every.damn.time

08-22-2021  
10:59:25 am



**Rocket City Gal** Yates is bobbing side to side like a wobbling Weeble

08-22-2021  
10:59:37 am





**BusterSci** Now it's Superman by name, and Superman by nature on their own.

08-22-2021  
11:00:02 am



**BusterSci** 2.38 to Caruso

08-22-2021  
11:00:18 am



**John** "nature"?

08-22-2021  
11:00:28 am



**Charlie in Tenn** At least everyone tried to attack.

08-22-2021  
11:00:50 am



**BusterSci** I stand corrected

08-22-2021  
11:00:51 am



**Tim in KY** Last 3 km not real hard.

08-22-2021  
11:01:00 am



**Tim in KY** [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629644768-stage-9-velefique.jpg)

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629644768-stage-9-velefique.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629644768-stage-9-velefique.jpg)

08-22-2021  
11:01:10 am



**Katie S** I thought he was a ski jumper by nature

08-22-2021  
11:01:17 am



**BusterSci** Oh, my. "That's a sight

08-22-2021  
11:01:52 am



**bikerabe** Bernal alone

08-22-2021  
11:02:09 am



**BusterSci** only 19s off Rog. "That's manageable.

08-22-2021  
11:03:20 am



**BusterSci** 14 now

08-22-2021  
11:03:25 am



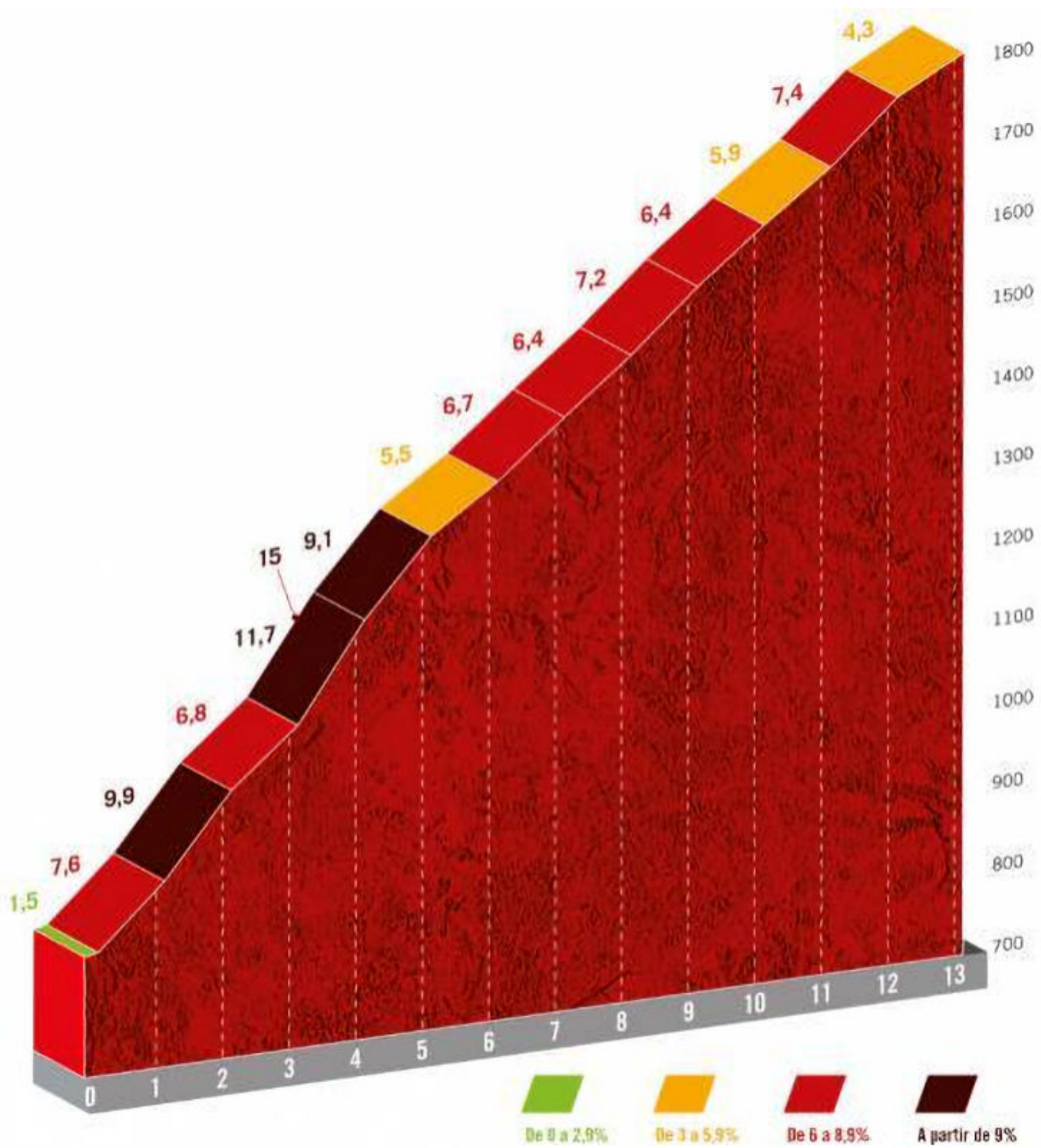
**Tim in KY** Bernal dropped again.

08-22-2021  
11:04:39 am



**bikerabe** Rog wil go lastKM

08-22-2021  
11:05:58 am





**Katie S** Heâ€™s think, â€œDang, Iâ€™m gonna have to look all proud to be getting that darn white jersey on the podium againâ€

08-22-2021  
11:06:05 am



**BusterSci** Caruso won't lose, though.

08-22-2021  
11:06:06 am



**Charlie in Tenn** I think Mas should wait for Superman and not pull. Make Rog lead.

08-22-2021  
11:06:10 am



**John** Red kite

08-22-2021  
11:06:30 am



**Charlie in Tenn** Pretty hill

08-22-2021  
11:07:03 am



**John** Helluva ride by Caruso

08-22-2021  
11:08:03 am



**Katie S** Incredible!

08-22-2021  
11:08:17 am



**BusterSci** Benefitted from Ineos protecting Bernal and Rog not caring.

08-22-2021  
11:08:27 am



**Tim in KY** Three minutes faster than the fastest...

08-22-2021  
11:09:15 am



**BusterSci** Rog sprints out

08-22-2021  
11:10:08 am



**Katie S** I do like to see the over-30s do well. Would have liked an over-40 today, tho

08-22-2021  
11:10:12 am



**BusterSci** Mas concedes

08-22-2021  
11:10:14 am



**BusterSci** MEEgle Ankle Lopez.

08-22-2021  
11:10:41 am



**bikerabe** Rog goes last 100 m

08-22-2021  
11:10:43 am



**BusterSci** Haig goes

08-22-2021  
11:10:51 am



**BusterSci** Gets 4th

08-22-2021  
11:10:57 am



**BusterSci** Bernal 2:09 down on the leader

08-22-2021  
11:11:30 am



**Katie S** Tim, whatâ€™s on deck for Tuesday?

08-22-2021  
11:12:19 am



**Toulouse** Oh, right. A rest day. I started late, so I don't need the rest.

08-22-2021  
11:13:01 am



**Tim in KY** [https://rumbletalk-images-  
upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629645498-stage-  
10-profile.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629645498-stage-10-profile.jpg)

08-22-2021  
11:13:20 am



**BusterSci** Thats a breakers stage.

08-22-2021  
11:13:34 am



**Tim in KY** Mean little finish.

08-22-2021  
11:13:37 am



**Tim in KY** For sure, Buster.

08-22-2021  
11:13:51 am



**Charlie in Tenn** 3 Bahrain in the top finishers...

08-22-2021  
11:13:55 am



**Katie S** That oughta be a crazy finish.

08-22-2021  
11:13:56 am



**BusterSci** Cort again.

08-22-2021  
11:14:01 am



**BusterSci** [https://rumbletalk-images-  
upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629645600-  
1629645300935.png](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629645600-1629645300935.png)

08-22-2021  
11:15:03 am




**BusterSci** GC

08-22-2021  
11:15:08 am





1	 PRIMOŽ ROGLIČ	1	JUMBO - VISMA	34H 18' 53"	-
2	 ENRIC MAS	171	MOVISTAR TEAM	34H 19' 21"	+ 00H 00' 28"
3	 MIGUEL ANGEL LOPEZ	174	MOVISTAR TEAM	34H 20' 14"	+ 00H 01' 21"
4	 JACK HAIG	44	BAHRAIN VICTORIOUS	34H 20' 35"	+ 00H 01' 42"
5	 EGAN ARLEY BERNAL	131	INEOS GRENADIERS	34H 20' 45"	+ 00H 01' 52"
6	 ADAM YATES	138	INEOS GRENADIERS	34H 21' 00"	+ 00H 02' 07"
7	 GIULIO CICCONE	211	TREK - SEGAFREDO	34H 21' 32"	+ 00H 02' 39"
8	 SEPP KUSS	6	JUMBO - VISMA	34H 21' 33"	+ 00H 02' 40"
9	 FELIX GROSSSCHARTNER	51	BORA - HANSGROHE	34H 22' 18"	+ 00H 03' 25"
10	 DAVID DE LA CRUZ	221	UAE TEAM EMIRATES	34H 22' 48"	+ 00H 03' 55"



**John** All Yates did was blow up his own team

08-22-2021  
11:17:20 am



**BusterSci** I think that's right, John. He didn't help Egan and he needed to be more controlled to help himself. On the other hand, it was fun to watch.

08-22-2021  
11:18:39 am



**Katie S** All righty that's a wrap. See you all on Tuesday.

08-22-2021  
11:20:20 am



**BusterSci** Tah.

08-22-2021  
11:20:29 am



**John** Very fun to watch. I love the attacks compared with Skynet just setting tempo until the last 1km

08-22-2021  
11:21:50 am



**John** Off to finish dinner. See you on Tuesday

08-22-2021  
11:23:04 am