Joanna in Virginia VUELTA 2021 ROUTE STAGE 4: EL BURGO DE OSMA 08-16-2021 - MOLINA DE ARAGÓN At 163.9 kilometers, the 4th stage of la Vuelta travels on gently undulating terrain from El Burgo de Osma to Molina de Aragón. Stage 4 takes the race south-east from the start in El Burgo de Osma to the finish town of Molina de Aragón, which is overlooked by a magnificent castle that was first established by the Moors in the 10th century and by the Torre de Aragón fortress, which stands on the crest of the same hill. The riders penetrate the plains northeast of Madrid. Although the route is not entirely flat, the inclinations are so shallow that there are no KOM points available.

Joanna in Virginia https://rumbletalk-images-

08-16-2021 01:18:17 pm

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Joanna in Virginia https://rumbletalk-images-

08-16-2021 01:18:43 pm

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Joanna in Virginia Located at an elevation of 1,065 metres, Molina de Aragón is one of the coldest places in Spain. In fact, last January the record was set at -25.2°C. The last kilometer of the race runs slightly uphill. The first three riders on the line gain time bonuses of 10, 6 and 4 seconds, while there are 3, 2 and 1 seconds available at the intermediate sprint.

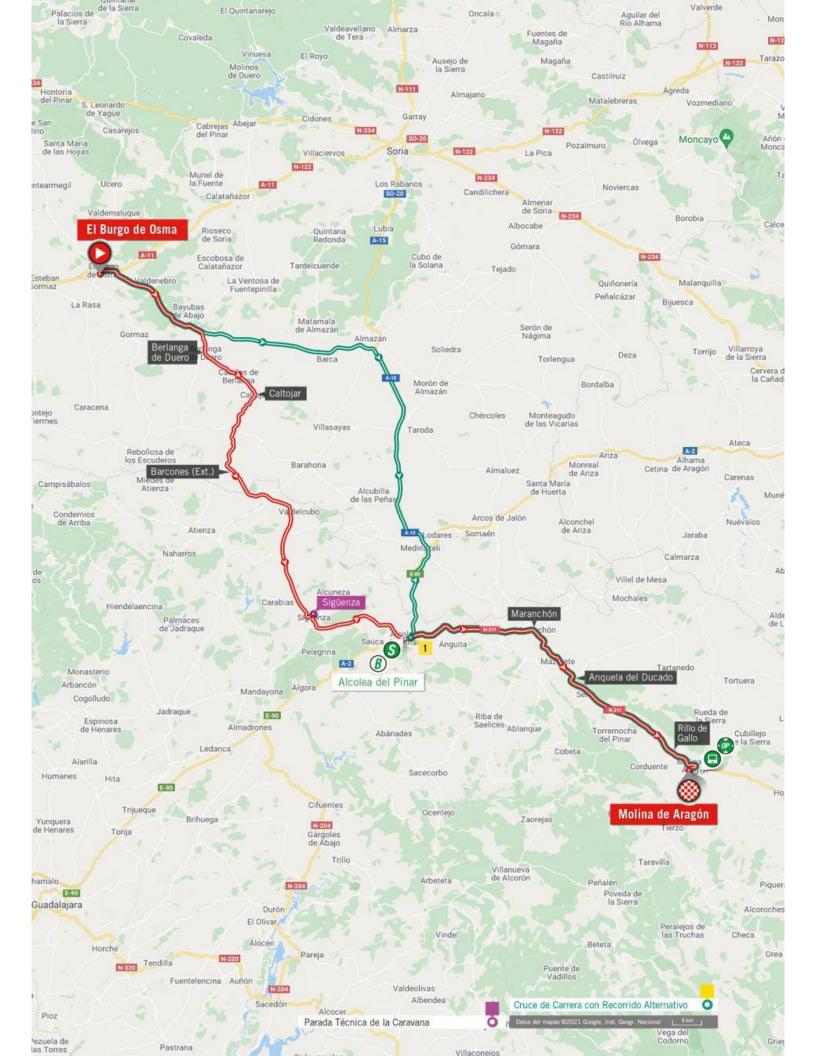
Joanna in Virginia https://rumbletalk-images- 08-16-2021 01:19:24 pm upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629134662-f4b34.jpeg

Joanna in Virginia The 4th stage of La Vuelta starts 13.38 and the race is expected to finish around 17.30 – both are local times. Preview courtesy of www.cyclingstage.com.

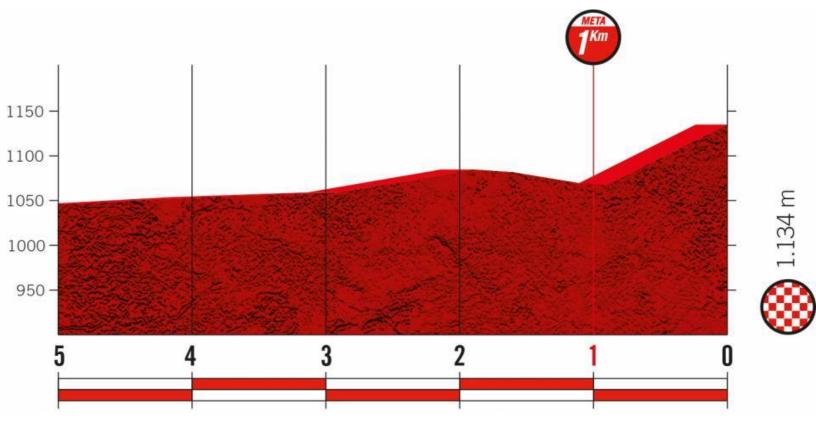
BusterSci https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629196679-1629196378930.png

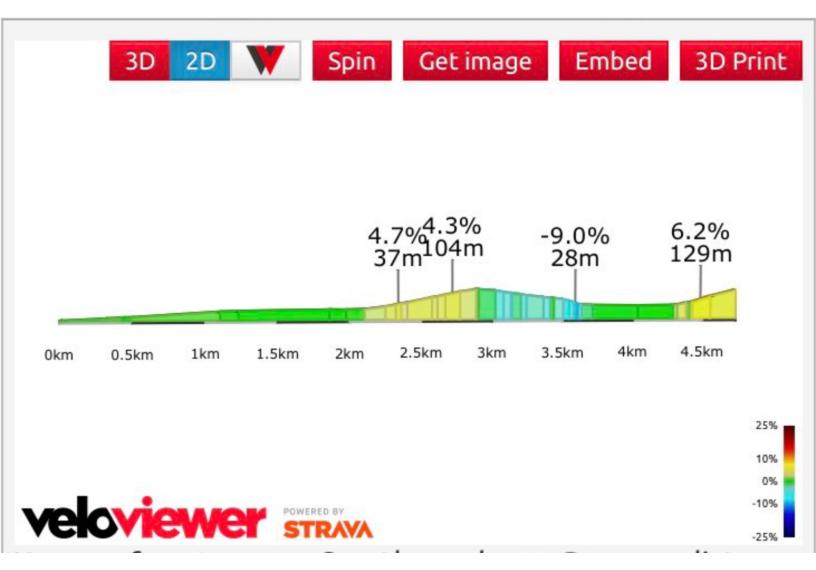
BusterSci The last 5km in a bit more detail. A real Bling stage, but look for my buddy Aranbaru or even Valverde to have a go at the end. Â That's a punchy final climb.

BusterSci I will not partake much today. Â It's too hot and windy to fish--dad 08-17-2021 tires easily and 90 degrees with 15-20mph winds sucks the energy right out of you. Â But I am driving up to do some chores and take Dad grocery shopping. Â It's the





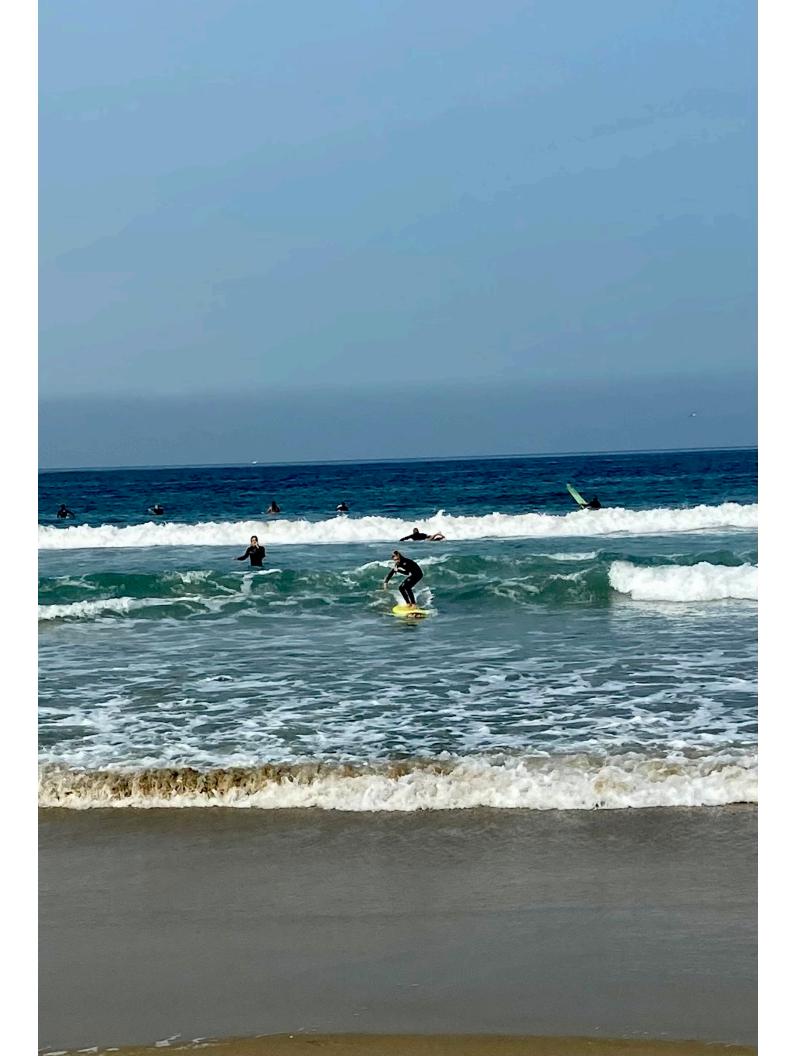




Tim in KY This looks to be a paint drying stage with a short leash so far. Stil a couple of hours before we head to the airport so l'II check in occasionally.	08-17-2021 08:34:11 am
Katie S How's your flight situation, Tim?	08-17-2021 08:34:31 am
Katie S And how was the surfing demonstration?	08-17-2021 08:34:52 am
Tim in KY https://rumbletalk-images- upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/16292041 B4473A2A-37C6-43CC-BCD1-EE38561CD0C2.jpeg	08-17-2021 08:37:42 am 61-
Katie S wonderful! Makes me smile thinking how excited he was to surf for you and how proud you must have been to see him do it.	08-17-2021 08:38:27 am
Tim in KY So far the flights are on but the major issue is ATL and that's hours off.	08-17-2021 08:39:43 am
Katie S Fingers crossed	08-17-2021 08:40:02 am
John Looks nicer Tim	08-17-2021 08:43:26 am
John *nice	08-17-2021 08:43:32 am
Tim in KY 117 km to go. Gap has been around 2:30 for quite a while now.	08-17-2021 08:54:13 am
Tim in KY The Peacock stream is currently not working for me.	08-17-2021 09:03:56 am
Tim in KY Now it is, but not much to see. Wanty minding the gap.	08-17-2021 09:05:35 am

John Looks like a mid-week recovery stage

08-17-2021 09:12:35 am



John Plus fun to see a non-typical team leading the race for a change	08-17-2021 09:13:20 am
bikerabe have to remind myself that Taaramae is wearing Red jersey	08-17-2021 09:18:35 am
Charlie in Tenn Wanty is pushing a little to hard. Maybe they are new to the leading stuff.	08-17-2021 09:21:08 am
bikerabe 3 KU	08-17-2021 09:21:14 am
Tim in KY Gap is up to 4:23.	08-17-2021 09:21:18 am
bikerabe 1 DSM at front peloton	08-17-2021 09:22:09 am
Tim in KY Didn't like what the gap was doing.	08-17-2021 09:23:14 am
bikerabe gap under 4' 90 km	08-17-2021 09:32:09 am
Tim in KY 3:15 now.	08-17-2021 09:38:24 am
bikerabe Alpacin on the front	08-17-2021 09:40:57 am
bikerabe under 3'	08-17-2021 09:41:12 am
Katie S Sunflowers!	08-17-2021 09:41:25 am
Charlie in Tenn Dstan likes sunflowers.	08-17-2021 09:47:57 am
Rocket City Gal Good morning, all!	08-17-2021 09:55:43 am



Katie S g'mornin'!

08-17-2021 09:56:16 am

Rocket City Gal l'm rooting for Magus Cort todayâ€" I picked him as a ⁰⁸⁻¹⁷⁻²⁰²¹ sprinter who could do well on the non-flat sprint finishes. Aranburu would be ^{09:57:00 am} another.



Charlie in Tenn You seem to be picking very well of late.

08-17-2021 09:58:41 am

Rocket City Gal I actually have two Velogames teams, one for me and one for my alter ego. It's pretty interesting over the last few games – the team that I spend the most time picking has been doing the worst, the one that I just go with "yeah, I like that rider†has been performing better.



John i had someone win my NCAA pool one year when his young daughter picked each game by which mascot would beat up the other

Rocket City Gal Still gimpy. Â 2 1/2 Â more weeks of cast hell on tap. Â And ⁰⁸⁻¹⁷⁻²⁰²¹ non-weight bearing for another week still beyond that. Â I thought when they took out the stitches Thursday I would go into some sort of a splint that I could take off and on, but no such luck.



Rocket City Gal Oh well. More time to watch bike races….

08-17-2021 10:01:53 am



John Plenty of days ahead for that. Hopefully more interesting than today.

08-17-2021 10:03:04 am



Tim in KY Now the gap is getting too small. 1:16.

08-17-2021 10:05:04 am

Rocket City Gal The last part of yesterday's race was fun. Â Also
08-17-2021
watched European cyclocross championships Sunday â€" crazy route partly in
10:07:02 am
an old fortress/castle with sections down steps through a tunnel, "sharp†cobbles, and such.



Katie S Ugh, RCG, that sounds unpleasant. Hope you made rapid progress 08-17-2021 now!

bikerabe Euro cyclocross in August ? or do you mean MTB?	08-17-2021 10:08:33 am
Tim in KY Under 2KU now. 1:40.	08-17-2021 10:11:53 am
Rocket City Gal Katie, not much progress. The repaired tendons and ligaments are being held in a cast with my ankle at 90Ű while things heal. Calcaneal osteotomy (cutting and realigning heel bone) was also part of the process.	08-17-2021 10:11:56 am
Katie S Eeek	08-17-2021 10:16:18 am
Rocket City Gal Bikerabe, It was the cross country discipline of mountain biking in the UEC championships in Novi Sad.	08-17-2021 10:16:41 am
Tim in KY Airport time.	08-17-2021 10:17:05 am
Katie S Safe, efficient and comfortable travels to you!	08-17-2021 10:17:33 am
Rocket City Gal Safe travels, Tim!	08-17-2021 10:18:03 am
Charlie in Tenn Funny sprint but what do I know.	08-17-2021 10:18:15 am
Charlie in Tenn Anyone have any of the break riders today?	08-17-2021 10:19:48 am
John don't think i do	08-17-2021 10:20:16 am
Alaska Dave Good morning from the rain forest. It is calm after the storms.	08-17-2021 10:23:27 am
Katie S Howdy, Dave	08-17-2021 10:25:24 am
John hi Dave	08-17-2021 10:25:56 am

Alaska Dave Atmospheric river dropped 8 inches of rain last week. Son's wedding had relatives descend and outdoor plans needing flexibility.	08-17-2021 10:28:28 am
Alaska Dave Other than that not much happening.	08-17-2021 10:30:08 am
Katie S that's enough, sheesh.	08-17-2021 10:30:40 am
Katie S was it raining relatives?	08-17-2021 10:30:57 am
Alaska Dave Relatively speaking…	08-17-2021 10:31:29 am
Charlie in Tenn Hi Dave. Send some rain to the western US.	08-17-2021 10:32:59 am
Alaska Dave l'd gladly volunteer this weather, but our trail race was canceled last weekend due to damage.	08-17-2021 10:34:24 am
Rocket City Gal We're getting some rain from Fred	08-17-2021 10:34:28 am
Alaska Dave My brother Fred brought some back with him?	08-17-2021 10:34:58 am
Alaska Dave My sister and brother drove from Wisconsin to Seattle and we're glad to get out of the heat and smoke.	08-17-2021 10:38:45 am
Alaska Dave Anything happening in Spain?	08-17-2021 10:39:14 am
John not yet	08-17-2021 10:40:38 am
Rocket City Gal Paint is drying in span for the next hour or so	08-17-2021 10:47:54 am
bikerabe gap under 1' 40 km	08-17-2021 10:49:06 am

Rocket City Gal Horses!!!	08-17-2021 10:52:31 am
Alaska Dave The paint in Spain spans the spam, a poet I ain't	08-17-2021 10:53:10 am
Charlie in Tenn Roglic gets a bike change.	08-17-2021 11:00:01 am
Katie S 1 marathon left to go	08-17-2021 11:05:04 am
John One metric marathon :)	08-17-2021 11:05:37 am
Alaska Dave Why would one run a marathon?	08-17-2021 11:06:51 am
Katie S indeed, and a more civilized distance in km	08-17-2021 11:06:53 am
John Don't ask me, Dave, I couldn't stop at one. Lol	08-17-2021 11:07:20 am
John Peloton getting strung out a bit	08-17-2021 11:11:34 am
John 19km and 19sec	08-17-2021 11:13:37 am
Rocket City Gal Ok, it's starting to get mildly interesting now…	08-17-2021 11:13:45 am
John Gap down to 9 seconds	08-17-2021 11:16:36 am
John 15km to go	08-17-2021 11:17:23 am
Rocket City Gal The big engines have been fired up now….	08-17-2021 11:17:52 am
John Break bumping fists and it's over	08-17-2021 11:18:39 am

Katie S oooh, get that fat lady ready	08-17-2021 11:19:00 am
John Where's POG when you need him	08-17-2021 11:19:45 am
John After the downhills, this is where I get The Fear. 160 people riding centimeters apart at 50+ kmh	08-17-2021 11:24:40 am
Charlie in Tenn Hopefully, he is out there working.	08-17-2021 11:24:47 am
John 6km	08-17-2021 11:27:14 am
John 4km	08-17-2021 11:29:04 am
Charlie in Tenn Go aranburu	08-17-2021 11:29:40 am
John 3km banner, all are safe from time gaps	08-17-2021 11:29:43 am
John crash!	08-17-2021 11:30:26 am
John Taaramae down	08-17-2021 11:30:42 am
Tim in KY At least it was inside 3 km. Waiting at LAX.	08-17-2021 11:31:32 am
John red kite	08-17-2021 11:31:45 am
Rocket City Gal Crap. Â He went down hard	08-17-2021 11:32:15 am
Rocket City Gal Go Cort!	08-17-2021 11:32:35 am



Katie S wow	08-17-2021 11:33:37 am
John Nicely done by Jacobsen	08-17-2021 11:33:56 am
Rocket City Gal Glad to see him get a win!	08-17-2021 11:34:32 am
John He really deserves it	08-17-2021 11:35:03 am
Tim in KY Demare showed up today.	08-17-2021 11:35:58 am
John Okay, time for dinner, See you all tomorrow	08-17-2021 11:36:31 am
Charlie in Tenn Good finish.	08-17-2021 11:36:34 am
Tim in KY Back tomorrow at a civilized time	08-17-2021 11:37:56 am
Katie S You hung in there well, Tim, with this pre-dawn starts.	08-17-2021 11:38:25 am
Charlie in Tenn https://rumbletalk-images- upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1629215 stage.PNG	08-17-2021 11:38:25 am 5003-
Katie S see you all tomorrow	08-17-2021 11:38:28 am

08-17-2021 11:40:26 am

Charlie in Tenn Bye all.