



Tim in KY GdI Stage 4 is 190 kilometers from Acqui Terme (much more elegant sounding than Hot Water) southwest to Andora on the Italian Riviera.

05-06-2024
04:14:56 pm

The final 60 km are along the Mediterranean coast. Should be scenic if the weather is nice. Andora (just one R, the country has two) is along the route of Milan-San Remo every March.



Tim in KY <https://rumbletalk-images->

05-06-2024
04:15:16 pm

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1715026815-stage-4-route.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1715026815-stage-4-route.jpg)



Tim in KY The route is false flat to the start of the only categorized climb, a Cat 3 that is 8.8 kilometers long at 4.3%. It crests halfway through the stage.

05-06-2024
04:16:39 pm

The second half of the stage is descent and then flat along the coast with a few little lumps, the last lump coming with 4.5 km to go. The final 3 km are an un-Giro-like straightforward.



Tim in KY <https://rumbletalk-images->

05-06-2024
04:16:56 pm

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1715026915-stage-4-profile.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1715026915-stage-4-profile.jpg)



Tim in KY <https://rumbletalk-images->

05-06-2024
04:17:11 pm

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1715026930-stage-4-profile-finale.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1715026930-stage-4-profile-finale.jpg)



Tim in KY <https://rumbletalk-images->

05-06-2024
04:17:25 pm

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1715026944-stage-4-route-finale.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1715026944-stage-4-route-finale.jpg)



Tim in KY Kilometer zero is scheduled for 12:36 CEST. Finish is imagined either side of 17:15. Forecast is for rain at the start and the possibility of showers at the finish. Temps in the low- to mid-teens. Live stream from before the start.

05-06-2024
04:18:51 pm



Joanna in Virginia Good Morning! Thank you so much to Shawn F for the very generous donation to the Tip Jar - it is so greatly appreciated! - Jo

05-07-2024
06:36:28 am



Tim in KY Neutral start. No DNS today.

05-07-2024
06:37:01 am



Tim in KY Morning, Jo.

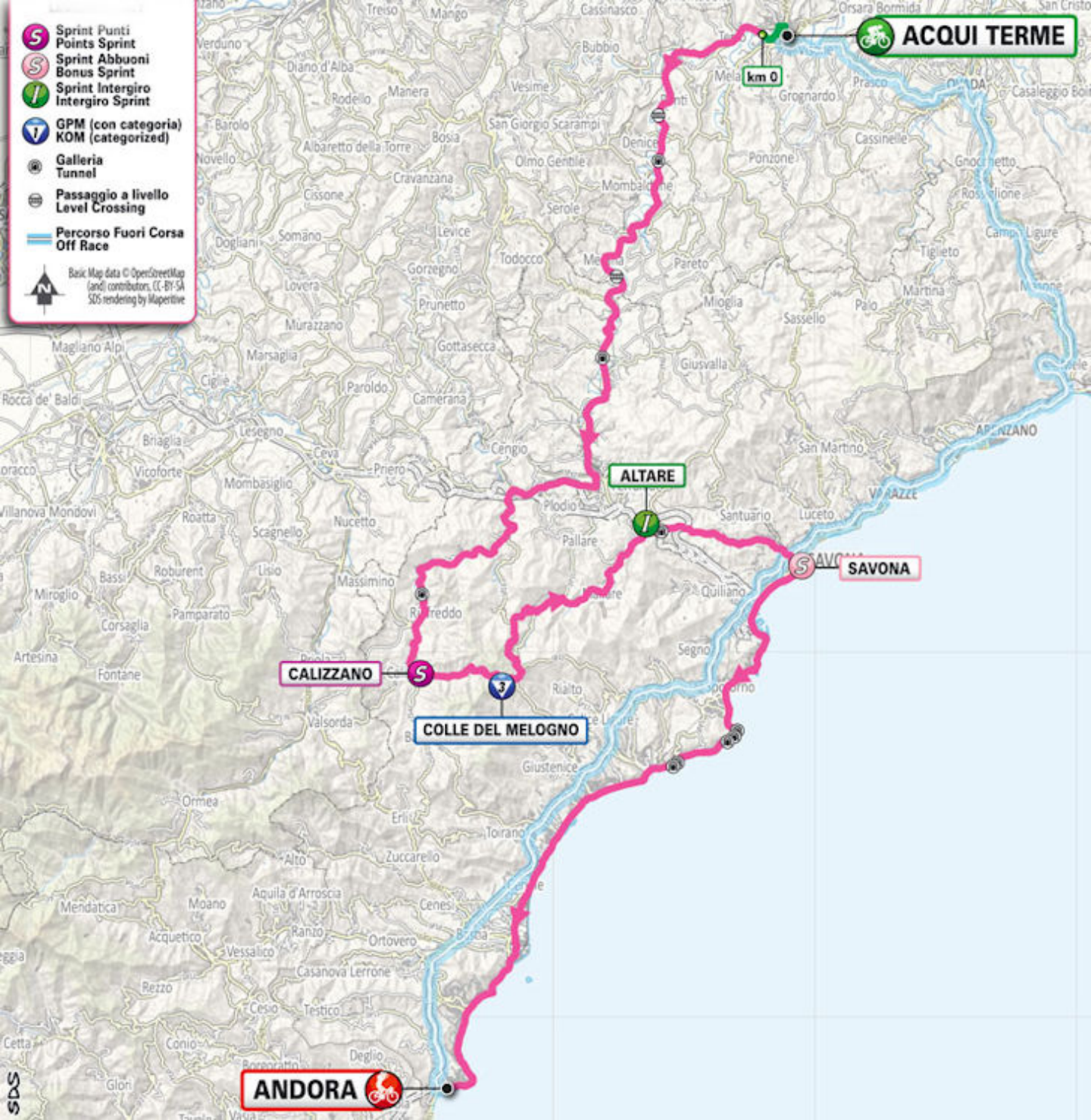
05-07-2024
06:37:11 am



Joanna in Virginia Morning, Tim!

05-07-2024
06:37:43 am

-  Sprint Punti
 -  Sprint Abbuoni
 -  Bonus Sprint
 -  Sprint Inteiro
 -  Inteiro Sprint
 -  GPM (con categoria)
 -  KOM (categorized)
 -  Galleria Tunnel
 -  Passaggio a livello
 -  Level Crossing
 -  Percorso Fuori Corsa
 -  Off Race
- Basic Map data © OpenStreetMap (and) contributors, CC-BY-SA
SDS rendering by Mapserver



157 - ACQUI TERME

4 - ANDORA



ss.1 - Aurelia

11 - LAIGUEGLIA





ANDORA



**Arrivo
Finish Line**
via Aurelia



**Parcheggio BUS
BUS park**
via Amerigo Vespucci
1200 m → 



Joanna in Virginia Thanks so much for doing the previews! Next time I can be here for the race is Saturday, so I hope it is a good stage - haven't had the opportunity to look ahead yet. :-)

05-07-2024
06:38:34 am



Tim in KY Rain holding off for now but there's a lot floating around the area.

05-07-2024
06:38:44 am



Tim in KY Saturday in a Cat 1 mountain top finish.

05-07-2024
06:40:04 am



Tim in KY Km0. One rider break.

05-07-2024
06:40:43 am



Joanna in Virginia Oh, perfect! Good day to not be teaching. :-)

05-07-2024
06:41:11 am



Tim in KY Two more join in.

05-07-2024
06:41:20 am



Tim in KY Now O'Ganna joins.

05-07-2024
06:44:34 am



Tim in KY SOQ not happy with O'Ganna being up there.

05-07-2024
06:45:49 am



Tim in KY Calamity Jane is in the break again.

05-07-2024
06:47:08 am



Tim in KY Gap is out to 1:00.

05-07-2024
06:52:34 am



BusterSci Ahoy hoy.

05-07-2024
06:58:03 am



Charlie in Tenn Good Morning. I see that we 3, Joanna, Tim, and myself are doing well in fantasy. O'ganna should get us some break points today.

05-07-2024
06:59:37 am



BusterSci I'm definitely paying for the "No Pog" deal I made with Dagies.

05-07-2024
07:00:33 am



Charlie in Tenn Buster's non-POG team is waiting for better days.

05-07-2024
07:00:40 am



Charlie in Tenn I like O'Ganna in a break even if he is not on my team. Yesterday's Pog attack reminded me of the Froome?Thomas?Sagan/Bodnar attack at TDF years ago.

05-07-2024
07:03:38 am



Tim in KY Turns out there was a DNS today. A DSM named Bram Welten.

05-07-2024
07:05:14 am



BusterSci What I recall about that Froome and Sagan, et al, break is how they just settled in and did the work. They knew who would win the stage and who would benefit in the GC so there was no reason to do anything but say "Nobody catches us, let's just maximize the gains."

05-07-2024
07:09:29 am



Joanna in Virginia Pleased with my team, Stage 4 and only one of my riders doesn't have points. That said, I'm still over 600 points behind the leader of all the Fantasy Teams. Blows me away how some people pick such amazing teams.

05-07-2024
07:12:44 am



Tim in KY Even 4-pointer Sintmaartensdijk has scored.

05-07-2024
07:15:37 am



Tim in KY SOQ isn't letting the gap go above 1:30 so O'Ganna has sat up.

05-07-2024
07:17:05 am



Tim in KY Water on the camera lens now.

05-07-2024
07:17:46 am



Charlie in Tenn Jo, part of the great teams is just statistics. So many playing some get lucky. That is my story...

05-07-2024
07:19:40 am



BusterSci I thought about those amazing teams and why they are so good. Â Charlie's take is dead on. Â Also, the knowledge of a European who lives cycling, can see most every race, follow riders on junior teams, sees the regular press, watches the betting sites, places bets, etc. Â When you combine those two and assume that out of the (rounded) 20k entries, if even 10% are the kind of avid fans that regularly go see races, bet on races, an so forth, it's no wonder that there are usually a good chunk of them that blow away the pack.

05-07-2024
07:23:41 am



Joanna in Virginia We need a nickname for Sintmaartensdijk...

05-07-2024
07:24:06 am



Tim in KY Smartdisk.

05-07-2024
07:25:24 am



Joanna in Virginia That works!

05-07-2024
07:25:40 am



BusterSci Doesn't really get across the entendre though

05-07-2024
07:25:48 am



BusterSci But for lack of anything better...

05-07-2024
07:26:05 am



BusterSci The Relic

05-07-2024
07:26:32 am



Charlie in Tenn Buster your memory of the Froome/Sagan attack seems spot on. The one thing that I remembered from that attack was that there were 2 other mt with points on them earlier in the stage. On both of them, Froome sped up before the top got the points and sat up immediately over the top. I said to myself that if he does that on the last climb he could just keep going as everyone else sat up and that is what happened.

05-07-2024
07:26:35 am



Joanna in Virginia Okay, I need to get on my way. Off to the barn to work horses and deliver bread (two Sourdough loaves).

05-07-2024
07:27:11 am



Joanna in Virginia <https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1715081537-1715081237739.jpeg>

05-07-2024
07:27:18 am



Tim in KY Gap is out to a whopping 2:40.

05-07-2024
07:27:50 am



BusterSci I just looked at the web to refresh and confirm/refute my memory. Å Says that Sagan/Bodnar made a gap and Froome/Thomas pushed hard to close it. Å That was Tinkoff days for Sagan.

05-07-2024
07:29:27 am



Charlie in Tenn The sprinters did not want O'ganna out there but don't care so much about the other 3. Calamityjane is going for mt poitns anyway. He will sit up after the climb leaving the other 2.

05-07-2024
07:30:06 am



Tim in KY The brief rain has stopped.

05-07-2024
07:30:53 am



Charlie in Tenn Just looked at youtube. The big attack from Sagan/Bodnar came after they were already on flatter land. There was still a big group and Froome and Thomas closed the gap and they stayed together from then. Thomas was on the rivet for a long time.

05-07-2024
07:36:14 am





Tim in KY I have a vague recollection of a wind issue, too.

05-07-2024
07:37:51 am



Tim in KY You know the paint is drying when the commentators start talking about tectonic plates. Errands now.

05-07-2024
07:41:55 am



BusterSci Speaking of wind issues....or maybe I shouldn't

05-07-2024
07:46:55 am



Charlie in Tenn Who is gonna win today? I expect Merlier, Milan, Kooij in that order.

05-07-2024
07:50:09 am



BusterSci Hard to argue, Charlie.

05-07-2024
07:52:44 am



BusterSci Groves? Â Pithie? Â Will Ewan ever win again?

05-07-2024
07:54:18 am



Charlie in Tenn Seems like this is going to be the easiest final for the teams to get their trains together and keep them together. That helps Lidl-Trek who always seems to screw up their train. That little bump might make the difference.

05-07-2024
07:58:12 am



Charlie in Tenn I would like to see Gaviria do well. He and Girmay and Ewan can get over that bump. I guess we just watch and see.

05-07-2024
08:02:21 am



BusterSci Agree on Gaviria. Â Seems like a good teammate and a good guy. Â Not a Ewan fan. Â I don't hate him, just don't see a lot likable about him. Â I like to see Grimy win but again, don't know much about him as a person.

05-07-2024
08:15:17 am



bkerabe gap is out to 5 min.

05-07-2024
08:16:14 am



Katie Lane Good morning from Kittenland, all

05-07-2024
08:34:49 am



Charlie in Tenn morning

05-07-2024
08:35:03 am



Charlie in Tenn I just got back from school drop-off and dog walk.


05-07-2024
08:35:28 am




Katie Lane I picked Girmay for my sprinter, because he can make it over the climbs, he seems to be doing a little better lately, and I think a lot of the pure

05-07-2024
08:35:39 am


sprinters will pull out when it gets really lumpy.

 **Katie Lane** We have some great gravel riding in this area -- with a lot of it at Wheeler Wildlife Refuge along the Tennessee River. Some of the most popular gravel rides also incorporate loops on essentially deserted gravel roads that are just north of the refuge that go through corn and soybean and cotton farms. So... of course they've announced that they're going to develop all of those farms into huge tracts of homes with some businesses thrown in too. The land has been held by the same family for 5 generations. and now it will just be rows and rows of huge houses on tiny treeless plots of land, just like all the other new developments around here. A lot of people (not just cyclists, but birders, fishermen/women, kayakers and others who enjoy beauty and peacefulness of the wildlife refuge) are sick about this, and sick about how developing the adjacent land will affect the wildlife. Sandhill cranes, whooping cranes, pelicans and a lot of other waterfowl overwinter on the refuge.


05-07-2024
08:42:39 am

 **Charlie in Tenn** Groves, Merlier, Girmay, Gaveria that other guy are trying for intermediate sprints so they are probably in for the long haul. Stage 18 is the last sprinter stage.


05-07-2024
08:42:42 am

 **Katie Lane** After stage 18 I don't think you'll see guys like Kooij (who keeps falling off his bike anyway). They'll just pack it in and start getting ready for other grand tours.


05-07-2024
08:44:05 am

 **Charlie in Tenn** If they are not on the competition for the sprinter jersey, I expect that you are right.


05-07-2024
08:45:09 am

 **Charlie in Tenn** I forgot that Kooij hurt his knee so he might not be good at the finish.


05-07-2024
08:46:10 am

 **Katie Lane** I hear squeaky kittens. Time to weigh the one who's not doing well. She had great weight gain for 24 hours, then gained nothing through the day yesterday.


05-07-2024
08:49:15 am

 **Katie S** Good morning, all, and a special flap of the flipper to Buster. I wondered about Jo, Charlie and Tim's teams ... I think we should check those three for PESs ... Performance Enhancing Stats. As for Kooij, I picked him because I'd never heard of him and he was "expensive," so I figured someone in the know thought he was a good 'un.

05-07-2024
09:13:57 am

 **Tim in KY** He said he hurt his knee. That's different than actually hurting it. He did fine yesterday.

05-07-2024
09:14:06 am

 **Katie S** And as for Thomas -- Love that he's an old man now and and still mixing it up with that kid Pog, 12 years his junior.

05-07-2024
09:16:19 am



Trish in MA Good morning all! Â I totally spaced on the Giro! Â Was checking FB and saw a photo of POG in pink and immediately jumped over to the Nuts.

05-07-2024
09:22:02 am



Katie S and Katie L, that proposed development is a heart breaker. The family didn't have any other options for monetizing their land? This is an ongoing struggle for land-holding families, when the offspring don't want to farm, or someone wants his or her share of the "inheritance" right now.

05-07-2024
09:23:30 am



Trish in MA While the riders will be spending 3 weeks riding bikes I am spending the next 3 weeks recovering from cataract surgery. Had first eye done yesterday and the other eye next week. No bike riding for me

05-07-2024
09:23:56 am



Tim in KY There's 45 km of descent off that Cat 3.

05-07-2024
09:24:04 am



Tim in KY I don't remember any activity restrictions when I had my cataract surgery.

05-07-2024
09:28:15 am



BusterSci Tim, I was told 2 weeks without bending over or lifting more than 25 pounds.

05-07-2024
09:30:51 am



BusterSci No exertion.

05-07-2024
09:31:09 am



Tim in KY I just don't remember that. But it was 14 years ago.

05-07-2024
09:34:49 am



Katie S Crash on a wet sweep

05-07-2024
09:35:06 am



Tim in KY Girmay is really in pain.

05-07-2024
09:36:37 am



bkerabe Girmay back riding

05-07-2024
09:38:58 am



Katie S and back down

05-07-2024
09:40:29 am



Tim in KY He should never have been allowed to remount.

05-07-2024
09:40:56 am



Katie S he will not want to abandon, but ... yipes

05-07-2024
09:41:18 am



Tim in KY They should be out on the coast now.

05-07-2024
09:45:20 am



Tim in KY Outerbanks want the remaining sprint points.

05-07-2024
09:46:22 am



Katie S And looks like Girmay is about to head for the team car. What crummy luck.

05-07-2024
09:47:18 am



Charlie in Tenn Splits in the peloton going through the town

05-07-2024
09:48:21 am



Tim in KY The splits aren't showing up in the graphics.

05-07-2024
09:49:53 am



Katie Lane Well, so much for my green jersey strategy. Girmay has abandoned.

05-07-2024
09:51:03 am



Tim in KY Looks like the chasers will catch the front group.

05-07-2024
09:52:37 am



Katie Lane Katie S, there is so much development around here and so many people moving here that it's insane. The new developments are outstripping the capacity of the roads. A lot of the local cycling routes are no longer safe, forcing people to drive an hour out of town into rural Tennessee if they want less-trafficked roads.

05-07-2024
09:53:59 am



Trish in MA My cataract restrictions are all geared to a week following each surgery. Nothing over 10 lbs. no bending over. No running. No scratching or rubbing of eye. Nothing that turns my face red or makes my head bounce up and down.

05-07-2024
09:55:07 am



Trish in MA Waiting for post op visit with surgeon right now

05-07-2024
09:55:38 am



Katie Lane Families used to be bigger. With fewer kids, there's less chance that one or more of them will want to continue farming. It's a difficult life with long hours. So now we have apartments, condos, closely-spaced houses...

05-07-2024
09:55:41 am



Trish in MA Here we had a big fight over building denser housing in the downtown area that would allow for affordable housing. People claimed it

05-07-2024
09:59:38 am

would bring down the value of their property even if they lived nowhere near the downtown. Amazingly no one trotted out the troupe that "children will die" because there is affordable housing



Tim in KY Sun is out on the coast.

05-07-2024
10:01:09 am



Katie S Are they faster than the fastest time? This seems speedy.

05-07-2024
10:17:26 am



Tim in KY They are not faster than the fastest but they are just short of fastest.

05-07-2024
10:19:20 am



SFinAus Fastish it is then.

05-07-2024
10:20:15 am



Tim in KY at 29.1 the fastest time is 16:21.

05-07-2024
10:21:34 am



Tim in KY So right on fastest now.

05-07-2024
10:22:13 am



Tim in KY Fastest time at the finish is 17:00 even.

05-07-2024
10:22:46 am



Katie S Thank you! just enough time post-meeting for a 30-minute trainer ride to watch the final 25k

05-07-2024
10:26:45 am



Tim in KY So, there are asphalt firepits in the last

05-07-2024
10:27:21 am



Tim in KY km.

05-07-2024
10:27:23 am



Katie S Oh goody. May be straight but at least there be peril

05-07-2024
10:28:09 am



Tim in KY Looks like the finish will be well before 17:00.

05-07-2024
10:30:41 am



Katie S Someone on Zwift is using the handle F.ree Palestine. That's a first for this platform from my limited experience

05-07-2024
10:36:04 am



SFinAus Flo stopped talking to me atm.😞 :(😞 Fickle

05-07-2024
10:44:00 am



Katie S She's jealous of your ex

05-07-2024
10:44:27 am



SFinAus As I said yesterday it isn't a perfect relationship.😞 Hah, Katie!

05-07-2024
10:44:49 am



Tim in KY Cars parked in the road doesn't seem like the best idea.

05-07-2024
10:46:34 am



Tim in KY Steep little hill.

05-07-2024
10:51:41 am



SFinAus This is a mini MSR in more ways than one.

05-07-2024
10:52:17 am



Charlie in Tenn Go Ganna

05-07-2024
10:52:40 am



SFinAus Looks like you called it Charlie.😞 Whoa.

05-07-2024
10:53:39 am



SFinAus (I'm now thinking I'm way behind.)

05-07-2024
10:54:17 am



Tim in KY O'Ganna got.

05-07-2024
10:55:04 am



Tim in KY All the work Trek has done all day pays off.

05-07-2024
10:56:06 am



Katie S O, Ganna

05-07-2024
10:56:31 am



bkerabe Milan wins!

05-07-2024
10:56:31 am



Charlie in Tenn That was another good race at the end

05-07-2024
10:57:46 am



Tim in KY Tomorrow should be another bunch sprint.

05-07-2024
10:58:29 am

12 - GENOVA

SDS

| | | |
|----|-----------------------------------------------------------------------------------------------------|-----------------------------------|
| 1 |  MILAN Jonathan | Lidl - Trek |
| 2 |  GROVES Kaden | Alpecin - Deceuninck |
| 3 |  BAUHAUS Phil | Bahrain - Victorious |
| 4 |  KOOIJ Olav | Team Visma Lease a Bike |
| 5 |  MERLIER Tim | Soudal Quick-Step |
| 6 |  BALLERINI Davide | Astana Qazaqstan Team |
| 7 |  GAVIRIA Fernando | Movistar Team |
| 8 |  ZANONCELLO Enrico | VF Group - Bardiani CSF - Faizanè |
| 9 |  MIHKELS Madis | Intermarché - Wanty |
| 10 |  LONARDI Giovanni | Team Polti Kometa |



Tim in KY <https://rumbletalk-images->

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10:59:06 am



Charlie in Tenn Groves and Bauhous next

05-07-2024
11:00:38 am



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

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05-07-2024
11:02:54 am



Charlie in Tenn Bye all

05-07-2024
11:04:26 am



Katie S Ciao

05-07-2024
11:05:57 am



SFinAus Thanks and bye.

05-07-2024
11:06:02 am