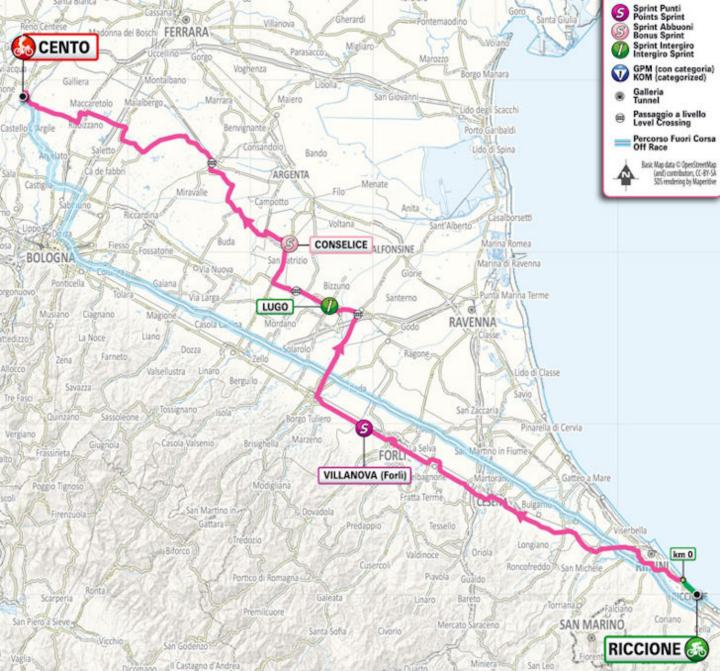
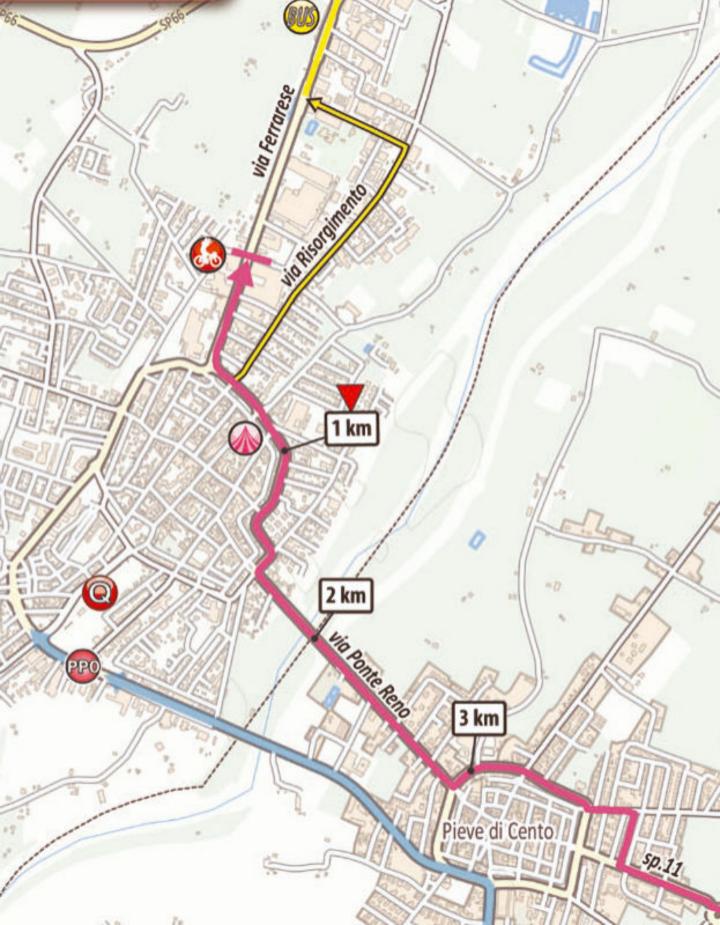


Tim in KY https://rumbletalk-images- upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/17158872 13-route.jpg	05-16-2024 ^{03:16:35 pm} 294-stage-
Tim in KY The route is flat as flat can be. The final kilometers offer another day of multiple turn and curves.	05-16-2024 03:18:26 pm
Tim in KY https://rumbletalk-images- upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/17158874 13-profile.jpg	05-16-2024 03:18:40 pm 19-stage-
Tim in KY https://rumbletalk-images- upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/17158874 13-route-finale.jpg	05-16-2024 03:18:53 pm I32-stage-
Tim in KY Kilometer zero is scheduled for 13:10 CEST. Finish is imagined either side of 17:10. Forecast is for sunshine in the low-20s. Live stream from before the start.	05-16-2024 03:21:38 pm
Tim in KY No DNF or OTL yesterday. No word of any DNS so far today. Weather forecast remains the same.	05-17-2024 07:00:06 am
Tim in KY Neutral actually started early today. That's a first. May be a sign that the end of the world is approaching.	05-17-2024 07:09:58 am
Tim in KY Robbie says the only hills today are bridges.	05-17-2024 07:12:01 am
Tim in KY Rob and Sean expect crosswinds.	05-17-2024 07:16:23 am
Tim in KY Easy 3 man break at Km0.	05-17-2024 07:18:18 am
Tim in KY A Polti and 2 Bardiani's.	05-17-2024 07:19:23 am



5.8 10 - Svinc. Rimini 17.7 39 - Sant/Arcangelo di Roma 23.1 30 - Sant/Arcangelo di Roma 37.2 30 - Sant/Arcangelo di Roma 37.2 30 - Sant/Arcangelo di Roma 37.2 30 - Gambettola 37.2 38 - Cesena 47.9 29 - Forlimpopoli 58.4 31 - Forl 58.3 31 - Forl 58.4 31 - Forl 17.4 34 - Faenta 83.3 14 - Granarolo 58.9 39 - Manacavallo 58.9 30 - 11 - Bagnacavallo 58.9 30 - 11 - Massa Londa 135.4 39 - Sant/Agata sul Samtoro 135.4 30 - Molinella 155.3 11 - Massa Londo 155.4 30 - Molinella 155.4 30 - Molinella 155.4 9 - Molinella 155.4	00 00	2 - RICCIONE
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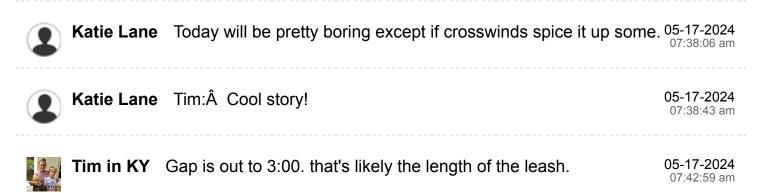






Tim in KY Good morning Charlie. Lots of chores and errands for me this 05-17-2024 morning. 05-17-2024

Tim in KY Funny story about my adventures in endoscopy yesterday. The distribution 05-17-2024 gastroenterology practice that I use is very large and you get scoped by 07:33:49 am whoever is on endoscopy duty the day of your appointment. So you rarely, if ever, get the same person twice. The designated scoper yesterday came into my cubby in pre-op introduced himself and said, "You're a pediatrician. I recognized your name on the list this morning.†I haven't been a practicing pediatrician in over 25 years so I was a bit taken aback. Turned out he was a fourth-year medical student when I was chief resident in pediatrics forty-six years ago. And he remembered my name.

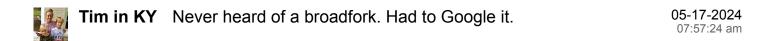


Katie Lane We have rain again today. Charlie, if it's not wet there, it will be 05-17-2024 pretty soon! I did get the rest of the garden broadforked and raked. Then I ^{07:46:27 am} started to play with the broadfork in the front yard. This thing is my new favorite tool. We had some hardscaping done in the front yard a few years ago. The company that did it didn't know enough about water runoff / drainage... also, they backfilled behind a retaining wall with regular "dirt," which around here is clay that they probably hauled off from some building site rather than getting something better. Â Then they ran over and over it with their heavy equipment, compacting it. As a result, 3 massive oak trees died (and we had to have a tree company come cut them down so they wouldn't fall on the house, the new retaining wall, the street...) You almost can't dig it with a shovel. A When it's dry, it's like concrete. A When it's wet, it's like gooey PlayDough (still almost impossible to dig). And you can dig a massive hole and see nary an earthworm For several years, I've been trying to add organic stuff, drilling holes with a wide (4" or so) auger bit on a drill, 6" apart in a grid, filling those with compost, gypsum, and peat moss and covering with bark mulch in attempt to restore the microbiome of the yard, de-compact the clay, aerate things a bit.... it was backbreaking work and went slow. A Enter the broadfork! A It has 11" tines, is super easy to use and doesn't leave me sore anywhere, it will lift the top 11 inches so I can add in soil amendments.Â Looks like a few years of broadforking will help restore at least the top foot or so of our yard to actual dirt with worms and stuff instead of it being concrete.



Katie Lane The broadfork solved the issue of what to do about tilling the garden, with hubby still sort of marginal after his heelbone fracture. Unlike a

05-17-2024 07:48:52 am tiller, the broadfork doesn't disrupt the structure of the soil as much, and it doesn't shred up the earthworms. (We still have plenty of those in the garden, just not the yard.)



Katie Lane I got the Bully brand one. It's not terribly heavy -- 12ish pounds. You just stand on the "backbone" over the tines, and pull back. ⁰⁵⁻¹⁷⁻²⁰²⁴ It's quite effective at pulling up the soil -- to prep it for planting, for aerating, or for adding organic stuff and sand in to help break up the clay. I wish I'd known about this tool decades ago!



Tim in KYGap holding around 3:00 still. Alpecin, Trek and SOQ minding.05-17-2024
08:19:54 amMuch slower than the slowest so far. Rolling rest day.08:19:54 am



Tim in KY Good morning Katie S.

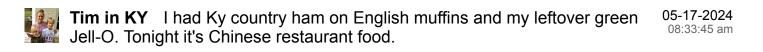
Katie S Food, glorious food!

Charlie in Tenn haha

05-17-2024 08:30:28 am

Katie S Tim- that's a great story. Clearly you had a meaningful impression on 05-17-2024 that (then) young man! And I hope you enjoyed your supper. What'd you ^{08:31:19 am} have?

Charlie in Tenn It is already raining here also. We had the sun in the morning the last 2 days. I mowed the yard yesterday. I also did not know what ⁰⁵⁻¹⁷⁻²⁰²⁴ a broadfork was. I do know what clay is. This morning's adventure with my daughter was that I forgot to get her up. We were about 20 min late getting out the door but since I usually get her to school about 20 min early al was good.

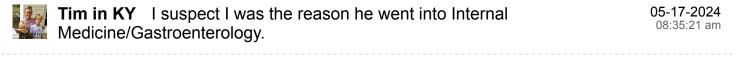




05-17-2024 08:34:05 am



Charlie in Tenn Tim, you were probably some kind of God-like creature to 05-17-2024 the medical student. 08:34:17 am





05-17-2024 08:35:33 am



Tim in KY JuJu got Most Aggressive yesterday. I was sure his Italian breakmate would win it.

Tim in KY Only 3 minutes slower than the slowest now. Gap down to 2:00.	05-17-2024 08:41:06 am
Mikey Good Morning! Finally able to get in! I only play a Dr on TV Tim and no one remembers	05-17-2024 08:43:05 am
Katie S Not the same at all, really, but a years-later recognition. When my mom was in her 50s, I guess it was, she took her father back to their hometown in Oklahoma, which they had left when she was 13. She decided to know door of her first grade teacher, who was by now in her 80s or something, and the was stared at my mom for a moment or two, then said, "Why, Bobbie Harp!"	
Charlie in Tenn Some people have those amazing memories and some forget to get their daughter up.	05-17-2024 08:47:38 am
Tim in KY My wife can do that. She'll see somebody on the street that's her current age and call her by name and treat her like a dear friend. Later she'll say to me, "That's so-and-so. I haven't seen her since 5th grade Girl Scouts".	05-17-2024 08:48:10 am
Tim in KY Time for errands in the rain.	05-17-2024 08:49:01 am
Charlie in Tenn I worked at knowing as many students as possible when I was working and then continued to remember them but friends and classmates and teachers from my life - no way.	05-17-2024 08:49:48 am
Katie S I use the, "Well, hellllooooooo" when I see someone whose name I can't remember.	05-17-2024 09:08:09 am
Charlie in Tenn Crash after crash at Burgos. I might be watching that instead of Italy.	05-17-2024 09:11:39 am
Charlie in Tenn I just say please introduce yourself to my wife	05-17-2024 09:24:13 am
Katie S clever man	05-17-2024 09:40:03 am
Charlie in Tenn It works best when she is with me.	05-17-2024 09:41:58 am

Katie S Peloton really keeping a short leash on these guys with 79k still to 05-17-2024 0044309 am 0044309 am Katie S 73, whatever 06-17-2024 0046308 am 05-17-2024 0046308 am PasadenaK8 Mornin候 everyone ~ How dry is the paint? 05-17-2024 0046328 am 05-17-2024 0046328 am Image: Katie S she dries 05-17-2024 Image: Katie S she dries 05-17-2024 Image: Katie S mornin' fellow West Coaster 05-17-2024 Image: PasadenaK8 05'' WC Katie S. The other day, I was curious to know when answer, but did learn a few things. More details about the behind the scenes operations, use of Sustainable Aviation Fuel, and why the Gap Times can be slightly and wildly off. If anyone would like some reading material while we watch the paint dryå€!. 06-17-2024 Image: PasadenaK8 The Tour de France Adopts SAF for Helicopter Operations 06-17-2024 Image: PasadenaK8 The Tour de France is Broadcast To the World (Time Gap variations) Intps://www.airbus.com/en/newsroom/stories/2023-06-the-tour-de-france-adopts-saf-for-helicopter-operations How the Tour de France (Sees from Cycle to Screen (Crazy Flight Radar antation video of the paths that helicopters and planes make) 05-17-2024 06-50.005 am		
With C 1 rol, Mildotol 09:45:46 am With C 1 rol, Mildotol 09:45:46 am With C 1 rol, Mildotol 09:45:46 am With C 1 rol, Mildotol 09:45:48 am With C 1 rol, Mildotol 09:47:50 am With C 1 rol, and show the Gap Times can be slightly and wildly off. If anyone would like some reading material while we watch the paint drya€[]. With C 1 rol, and show the Gap Times can be slightly and wildly off. If anyone would like some reading material while we watch the paint drya€[]. With C 1 rol, and show the Tour de France Adopts SAF for Helicopter Operations 05:17:2024 09:50:50 am		
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PasadenaK8 ôŸ' WC Katie S. The other day, I was curious to know when camera helicopters were first used in Grand Tours. Still haven't found the camera helicopters were first used in Grand Tours. Still haven't found the camera helicopters were first used in Grand Tours. Still haven't found the camera helicopters were first used in Grand Tours. Still haven't found the camera helicopters were first used in Grand Tours. Still haven't found the camera helicopters were first used in Grand Tours. Still haven't found the camera helicopters were first used in Grand Tours. Still haven't found the camera helicopter fuel, and why the Gap Times can be slightly and wildly off. If anyone would like some reading material while we watch the paint dryâ€]. Image: PasadenaK8 The Tour de France Adopts SAF for Helicopter Operations (Sustainable Aviation Fuel) 05-17-2024 (9:50:05 am 05:005 am 05:005:005 am 05:005 am	Katie S she dries	
 camera helicopters were first used in Grand Tours. Still haven't found the answer, but did learn a few things. More details about the behind the scenes operations, use of Sustainable Aviation Fuel, and why the Gap Times can be slightly and wildly off. If anyone would like some reading material while we watch the paint dryâ€!. PasadenaK8 The Tour de France Adopts SAF for Helicopter Operations (Sustainable Aviation Fuel) 05-17-2024 (Sustainable Aviation Fuel) 05-005 am (Sustainable Aviations) https://www.airbus.com/en/enword/road-culture/how-the-tour-de-france-is-broadcast-to-the-world/ How the Tour de France Goes from Cycle to Screen (Crazy Flight Radar animation video of the paths that helicopters and planes make) https://www.flightradar24.com/blog/how-the-tour-de-france-goes-from-cycle-to-screen/ The Helicopter Team That Films the Tour de France Is One of a Kind (The &€ceFlying Squirrelsâ€) https://arstechnica.com/cars/2019/07/how-helicopters-bring-us-amazing-views-of-the-tour-de-france/ Katie S Pretty much uncontested sprint, from what a noticed glancing up. 05-17-2024 09:55:38 am Katie S Nope, the	Katie S mornin' fellow West Coaster	
Weight of the second state of the	camera helicopters were first used in Grand Tours. Still haven't found the answer, but did learn a few things. More details about the behind the scenes operation of Sustainable Aviation Fuel, and why the Gap Times can be slightly and wildly off.	09:49:47 am tions, use
Poor townspeople. They'll get an eyeful w/ the peloton I suppose 09:55:38 am Image: Solution of the big group just rolls through, as you'd expect w/ all the points picked up by the trio of fugateers 05-17-2024 Image: Tim in KY I take it there hasn't been an infestation of crosswinds in my 05-17-2024	(Sustainable Aviation Fuel) https://www.airbus.com/en/newsroom/stories/2023-06-the-tour-de-france-adopts-sa helicopter-operations How the Tour de France is Broadcast To the World (Time Gap variations) https://velo.outsideonline.com/road/road-culture/how-the-tour-de-france- broadcast-to-the-world/ How the Tour de France Goes from Cycle to Screen (Crazy Radar animation video of the paths that helicopters and planes make) https://www.flightradar24.com/blog/how-the-tour-de-france-goes-from-cycle-to-scree Helicopter Team That Films the Tour de France Is One of a Kind (The "Flying Squirrelsâ€) https://arstechnica.com/cars/2019/07/how-helicopters-bring-us-amaz	09:50:05 am af-for- o is- y Flight en/ The
Image: Second and the second and th		



RocketCityGal My team will get a few points today, but is still way behind.	05-17-2024 10:00:53 am
Charlie in Tenn Splits in the peloton. O'Ganna on the front	05-17-2024 10:02:56 am
Tim in KY Gap has come down a minute in a few km.	05-17-2024 10:03:08 am
Charlie in Tenn RCG, I think everyone has Vollering and most have Swikels or Music	05-17-2024 10:03:28 am
Tim in KY Now headwinds.	05-17-2024 10:04:17 am
Tim in KY Crosswinds.	05-17-2024 10:04:54 am
Katie S oh, goody	05-17-2024 10:06:11 am
Katie S I keep thinking I don't have that O'Ganna guy on my team then I look and I see I do have that plain old Ganna guy. Makes me laugh every single time.	05-17-2024 10:06:58 am
Katie S Break swept up	05-17-2024 10:12:47 am
Tim in KY Looks to be a flash in the pan.	05-17-2024 10:14:25 am
Tim in KY Or not.	05-17-2024 10:20:33 am
Katie S Solar arrays!	05-17-2024 10:21:07 am
Katie S (said with not quite the enthusiasm of "Horses!" or "Running cows!")	05-17-2024 10:21:41 am





The second se		
	Tim in KY Now that's there's no break I wonder if anyone attacks. With no hills doesn't seem useful.	05-17-2024 10:26:22 am
	Katie S just a solo time trial attempt would do it but no one would let that get away	05-17-2024 10:26:54 am
	Tim in KY Pozzo still adrift.	05-17-2024 10:27:05 am
	Tim in KY Peloton still slower than the slowest.	05-17-2024 10:28:07 am
	PasadenaK8 1 KU left ta go…	05-17-2024 10:36:26 am
	PasadenaK8 Haha, Tim - jinx again!	05-17-2024 10:36:43 am
20	Tim in KY 30 km banner.	05-17-2024 10:41:17 am
	Mikey Any of your catch the PGA thingy with Scottie Scheffler arrested this morning?	05-17-2024 10:42:50 am
	Tim in KY Inside the expected time range now. But at the slow end.	05-17-2024 10:43:07 am
	PasadenaK8 Didn't see that, Mikey. Why was Scottie arrested?	05-17-2024 10:43:48 am
	Tim in KY Lots about it, Mikey. It's local news here.	05-17-2024 10:44:58 am
	Mikey He was driving a courtesy car to early morning practice and because of a non related traffic accident he got held up	05-17-2024 10:45:14 am
	PasadenaK8 Wow! Gilliemarie!!! Long time no see!! Welcome back to the Pub *;-D	05-17-2024 10:45:16 am



Mikey He tried to drive around the traffic and the police didn't care for it. He drove a short way with a policeman on the car before he stopped and was yanked out of the car and arrested	05-17-2024 10:46:37 am
Tim in KY 25 km banner.	05-17-2024 10:47:14 am
Mikey He has been released but only a rain delay saved him. Not sure if he made his tee time or not	05-17-2024 10:47:21 am
PasadenaK8 Whoopsie, Scottie	05-17-2024 10:47:35 am
Gilliemarie Yeah i've been kinda MIA but am rrying to get back into cycling	05-17-2024 10:50:00 am
Mikey Thanks for the helo stuff by the way. Love that kind of techy stuff K8	05-17-2024 10:52:01 am
PasadenaK8 Me too 🤓	05-17-2024 10:52:36 am
Mikey Speaking of which I have to fly hate to miss all the paint baaa	05-17-2024 10:53:07 am
Katie S Whoopsiedaisy, crash	05-17-2024 10:53:29 am
PasadenaK8 Gravity just got a bonification point	05-17-2024 10:53:31 am
Tim in KY 15 km banner.	05-17-2024 10:59:36 am
RocketCityGal Lotsa sprinters going home after today's stage, no doub	t 05-17-2024 11:06:21 am
PasadenaK8 https://www.youtube.com/watch?v=73lj5qJbrms	05-17-2024 11:06:59 am



Tim in KY There are a ouple of sprint stages next week RCG. and the purple jersey.	e05-17-2024 11:08:49 am
Tim in KY That curb looks menacing.	05-17-2024 11:12:21 am
RocketCityGal But lotsa mountains	05-17-2024 11:12:22 am
RocketCityGal between now and then	05-17-2024 11:12:24 am
RocketCityGal It will be interesting to see how Milan does in the mountains.	05-17-2024 11:12:26 am
RocketCityGal I think he's one of the sprinters who can get over the climbs ok, despite his massive size.	05-17-2024 11:12:28 am
SFinAus Molto compacto	05-17-2024 11:12:47 am
RocketCityGal The curb has been giving me The Fear for many kilometers	05-17-2024 11:12:57 am
RocketCityGal Glad it's gone now	05-17-2024 11:13:14 am
Tim in KY 3km banner	05-17-2024 11:14:38 am
Tim in KY Not as technical as it looks on the map.	05-17-2024 11:15:47 am
RocketCityGal This seems pretty disorganized at the moment	05-17-2024 11:16:25 am
RocketCityGal Milan sitting pretty on the back of his train	05-17-2024 11:16:50 am

Tim in KY What happened to Merler?	05-17-2024 11:17:56 am
RocketCityGal THREE! For Milan	05-17-2024 11:17:58 am
SFinAus Lidl really did it by the textbook.	05-17-2024 11:18:30 am
Katie S very muchly. and, dang, he looked HUGE in that mix standing out in his purple kit	05-17-2024 11:19:05 am
Charlie in Tenn Never saw Merleir	05-17-2024 11:19:17 am
Gilliemarie Hopefully see you tomorrow	05-17-2024 11:20:18 am
Tim in KY A Cofidis I never heard of was 2nd.	05-17-2024 11:20:38 am
SFinAus Gaviria seemed to seriously overestimate himself here	05-17-2024 11:20:57 am
RocketCityGal Aniolowkowski	05-17-2024 11:21:07 am
RocketCityGal (I think)	05-17-2024 11:21:16 am
SFinAus That begs for a nickname.	05-17-2024 11:21:26 am
RocketCityGal Not spelled correctly.	05-17-2024 11:21:35 am
Katie S how would you know?	05-17-2024 11:21:56 am
Tim in KY Anticow.	05-17-2024 11:22:06 am

Rnk	Rider	UCI	Pnt	Time
1	Lidl - Trek	180	80	4:02:03 10″
2	ANIOŁKOWSKI Stanisław Cofidis	130	50	6″
3	BAUHAUS Phil Bahrain - Victorious	95	35	4″
4	Team Visma Lease a Bike	80	25	"
5	Israel - Premier Tech	60	18	,,
6	GAVIRIA Fernando Movistar Team	45	15	,,
7	MOLANO Juan Sebastián UAE Team Emirates	40	12	"
8	Groupama - FDJ	35	10	11
9	LONARDI Giovanni Team Polti Kometa	30	8	"
10	DAINESE Alberto Tudor Pro Cycling Team	25	6	"

Tim in KY Time trial tomorrow.	05-17-2024 11:22:23 am
RocketCityGal StanisÅ,aw AnioÅ,kowski	05-17-2024 11:22:31 am
SFinAus Gotta go. Â Thanks everyone, and I look forward to reading the links later K8.	05-17-2024 11:24:00 am
PasadenaK8 Building on Tim's AntiCowSki (??)	05-17-2024 11:24:10 am
SFinAus Yeah, cows should ski.	05-17-2024 11:24:41 am
PasadenaK8 They should (and I think the might *;-)	05-17-2024 11:25:06 am
RocketCityGal https://rumbletalk-images- upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1715959 IMG_8538.jpeg	05-17-2024 11:25:12 am 810-
SFinAus arrrgh, " shouldn't". now I'm really going.	05-17-2024 11:25:27 am
RocketCityGal Merlier not even in the top 10….	05-17-2024 11:25:57 am
RocketCityGal Time to plant the garden in the mud.	05-17-2024 11:26:29 am
PasadenaK8 ðϔ'< See you all tomorrow	05-17-2024 11:26:29 am