



Tim in KY TdF Stage 4 is 140 kilometers from Pinerolo, near Turin, into the French Alps for the finish at Valloire in Savoie.

07-01-2024
01:32:25 pm



Tim in KY [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1719855454-stage-4-route.jpg)

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1719855454-stage-4-route.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1719855454-stage-4-route.jpg)

07-01-2024
01:32:35 pm



Tim in KY The entire stage is climbing or descending with two Cat2s and an HC. The finish is at the base of a 20-kilometer descent off the Col du Galibier, the highest point of this year's Tour.

07-01-2024
01:34:03 pm



Tim in KY [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1719855560-stage-4-profile.jpg)

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1719855560-stage-4-profile.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1719855560-stage-4-profile.jpg)

07-01-2024
01:34:21 pm



Tim in KY [https://rumbletalk-images-](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1719855576-stage-4-galibier.jpg)

[upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1719855576-stage-4-galibier.jpg](https://rumbletalk-images-upload.s3.amazonaws.com/61922326bc2ef459e5ed5de71ef53a57/1719855576-stage-4-galibier.jpg)

07-01-2024
01:34:38 pm



Tim in KY Kilometer zero is scheduled for 13:15 CEST. Finish is imagined either side of 17:20. Forecast is for sunshine with temps in the mid-20s at the start, mid-teens in the mountains.

07-01-2024
01:39:44 pm



Joanna in Virginia Thank you to Shannon O. for the generous donation to the Tip Jar on Monday! Greatly appreciated!

07-01-2024
01:48:53 pm



Joanna in Virginia Also, thank you to Pasadena K8 for the generous donation to the Tip Jar on Monday! I truly appreciate it!

07-01-2024
01:50:44 pm



Tim in KY Casper Pedersen (SOQ) crashed alone with about 13 km to go on stage 3. He finished the race but then x-rays showed a clavicle fracture. He will be a DNS for stage 4.

07-01-2024
04:33:51 pm



David Stanley Man, this stage will be hors categorie brutal.

07-01-2024
08:15:38 pm



BusterSci I'll miss today. 🐾 Driving up to help Mom take care of things around the house. Covid keeps me from visiting Dad, but I can prep for his (hopefully?) eventual return home and do some things I'd normally do on my weekly trip. 🐾 Have fun. 🐾 See ya tomorrow.

07-02-2024
06:13:14 am



SAVOIE



VALLOIRE



HC



Col du Galibier
Souvenir Henri Desgrange



Col de Montgenèvre



Sestrières



Castel del Bosco



FRANCE

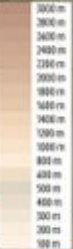


ITALIE
ITALIA



PINEROLO

km 0



5 km

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Cuneo

PINEROLO

405 m



VALLOIRE

1 413 m



TURIN HAUTES-ALPES SAVOIE

0 ITALIE FRANCE 139,6 km

1,470m LE MONÉTIER-LES-BAINS **km 97.9**
Foot of col

1,735m Le Pont de l'Alp **km 103.5**

2,061m Col du Lautaret **km 112.1**

2,556m Refuge du Galibier
Stèle Henri Desgrange
km 118

Col du Galibier
Souvenir Henri Desgrange
2,642m - km 120.7
(23km at 5.1%)



2,700m
2,600m
2,500m
2,400m
2,300m
2,200m
2,100m
2,000m
1,900m
1,800m
1,700m
1,600m
1,500m
1,400m
1,300m

Pourcentage moyen par kilomètre

4 2 2 2.5 4 4 5 5 5.5 4 5 5 4.5 4 6.5 6 6 6 8 6 9 5 5.5 9
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22

- from 0 to 2.9%
- from 3 to 5.9%
- from 6 to 8.9%
- from 9%



Tim in KY No additional DNS so far. Neutral start in 12 minutes.

07-02-2024
06:53:34 am



Tim in KY I'm going to take my walk and run errands. Hope to be back before France.

07-02-2024
07:11:00 am



bikerabe Mads Pederson off the front wants sprint points

07-02-2024
07:20:38 am



bikerabe gruppo compacto

07-02-2024
07:35:37 am



bikerabe Sprint Mads 1st Girmay 2nd Abrahansen 5th

07-02-2024
07:41:43 am



bikerabe 4 off the front including Lutsenko

07-02-2024
07:51:59 am



bikerabe now 17 in front including polka dot

07-02-2024
08:06:06 am



bikerabe van der Poel is in 17 man break 2:39 in front

07-02-2024
08:24:31 am



bikerabe 2:45 gap

07-02-2024
08:25:06 am



Katie S Good morning. So today the Tour de Fritaly (thanks, Buster), finally becomes the Tour de France.

07-02-2024
08:33:32 am



Katie S I'll take this as a reason to visit the tip jar

07-02-2024
08:33:56 am



mmcally Ahhh, we have entered France. Music to my ears. :)

07-02-2024
08:42:37 am



Tim in KY I don't think we're in France yet. On the profile graphic France starts halfway up the second climb.

07-02-2024
08:48:08 am



Katie S but we're close! And we'll be there by day's end.

07-02-2024
08:48:21 am



mmcally So the music stops

07-02-2024
08:48:33 am



mmcally Thanks for keeping me honest, Tim!

07-02-2024
08:48:59 am



Katie S somewhere in Arizona, a Francophile slumps over his pastis.

07-02-2024
08:49:11 am



Tim in KY On the time schedule we'll be in France by 15:12 CEST. That's about half an hour.

07-02-2024
08:49:41 am



mmcally Hahaha! Good one, Katie!

07-02-2024
08:49:42 am



Rob Afternoon all, I found this an interesting article about the team chefs, <https://www.bbc.co.uk/sport/cycling/articles/cxxx568grlwo>

07-02-2024
08:50:06 am



bikerabe Stefan Williams wins KOM Madouas 2nd tightening polka dot battle

07-02-2024
08:50:44 am



bikerabe cat 2 climb coming

07-02-2024
08:52:52 am



mmcally Good article Rob. Reminds me of this doc that was done a few years ago following the Orica team. I think it is still on Amazon.
<https://www.imdb.com/title/tt7985540/>

07-02-2024
08:55:04 am



Tim in KY One km to France.

07-02-2024
09:04:32 am



Katie S Good article on cycling cheffery. I feel a bit like that - no risotto, just rice! We have a 16-year-old step-niece here who does not like: yogurt, whole tomatoes, lettuce, asparagus, fish (except shrimp), steak or spicy foods. Her preferreds are sloppy joes, cheeseburgers and pizza.

07-02-2024
09:10:11 am



SFinAus Bonjour and welcome to France.

07-02-2024
09:10:50 am



bikerabe good sprint for KOM

07-02-2024
09:14:25 am



Tim in KY Break crests the second Cat2 right at the slowest imaginable.

07-02-2024
09:15:38 am



Tim in KY 2 KM to go.

07-02-2024
09:16:22 am



bikerabe Stefan Williams wins KOM Abramson 3rd

07-02-2024
09:16:58 am



bikerabe no Madous 3rd

07-02-2024
09:17:32 am



bikerabe 2 min. gap

07-02-2024
09:18:21 am



Tim in KY EF's team cars are Cadillacs.

07-02-2024
09:19:33 am



Katie S oh, that JV, always likes the blingy stuff

07-02-2024
09:19:50 am



Tim in KY Do they sell those in Europe?

07-02-2024
09:20:22 am



Rob Vauxhall is the British brand under General motors, some of the models are sold in Europe under the Cadillac brand.

07-02-2024
09:25:34 am



Tim in KY Crapass has been distanced by the GC bunch.

07-02-2024
09:26:17 am



SFinAus I also heard EF's Caddies are 'lectric

07-02-2024
09:26:40 am



Tim in KY I didn't see it long enough to tell that.

07-02-2024
09:28:30 am



Katie S great bio on Crapass. It really is too bad he did not make Ecuador's Olympic team

07-02-2024
09:33:01 am



SFinAus I heard it from Flo's comms. Â I'm not that observant. Â :)

07-02-2024
09:33:03 am



mmcally Yes, the EF cars are indeed electric. Porino did a spot on them over the weekend.

07-02-2024
09:33:25 am



Tim in KY "Team" is a bit of an overstatement. Ecuador sends one rider to the Olympics.

07-02-2024
09:36:31 am



Katie S true

07-02-2024
09:37:13 am



Tim in KY GC group came back together in the valley.

07-02-2024
09:37:28 am



Tim in KY The break has been flying. They're now slightly faster than ti imagined time.

07-02-2024
09:51:15 am



SFinAus The climb begins.

07-02-2024
09:52:57 am



KimC Good morning to all- lâ€™™m catching up!!

07-02-2024
09:55:22 am



bikerabe gap under 1.5 min.

07-02-2024
10:06:19 am



Katie S was that a portable hunting blind tent?

07-02-2024
10:07:52 am



Tim in KY Didn't see.

07-02-2024
10:08:37 am



Trish in MA Good morning, sort of caught up - at least on the Pub. Â Trying to work, catch up, and watch.

07-02-2024
10:09:16 am



Tim in KY A Movi attacks the break.

07-02-2024
10:09:33 am



Tim in KY Summit comes at 19 km to go.

07-02-2024
10:10:07 am



bikerabe Laskana for Movistar out front of break

07-02-2024
10:10:40 am



Trish in MA Lot of French in the break, although the break appears to be breaking up.

07-02-2024
10:10:53 am



bikerabe Gauda with Laskana now

07-02-2024
10:12:56 am



Tim in KY Really strong headwind.

07-02-2024
10:13:04 am



Katie S uphill? oh, that's always fun

07-02-2024
10:14:22 am



Tim in KY Still 12 km to climb.

07-02-2024
10:14:28 am



Katie S Guys getting frisky at the front, but all attacks come to naught.

07-02-2024
10:15:57 am



Katie S so far

07-02-2024
10:15:57 am



bikerabe Juul-Jensen for Jayco and Uno-X rider join front

07-02-2024
10:17:24 am



Tim in KY In about 4km Pog is going to launch.

07-02-2024
10:19:33 am



bikerabe Laskana out alone

07-02-2024
10:22:02 am



bikerabe gap 45 sec

07-02-2024
10:22:27 am



Tim in KY That's a big peloton still.

07-02-2024
10:23:45 am



Tim in KY Crapass only has Powless now.

07-02-2024
10:24:39 am



bikerabe Gaudu 2nd on climb

07-02-2024
10:25:29 am



bikerabe gruppo compacto

07-02-2024
10:25:55 am



Tim in KY Break beaten.

07-02-2024
10:26:03 am



KimC Eejits in adult blow-up costumes!!

07-02-2024
10:27:55 am



Tim in KY Crapass gone.

07-02-2024
10:28:22 am



bikerabe cinq kn to top

07-02-2024
10:32:27 am



bikerabe quatro km no attack

07-02-2024
10:34:28 am



Tim in KY I expected Pog to go by now.

07-02-2024
10:34:52 am



bikerabe Evenepoel otn

07-02-2024
10:35:14 am



bikerabe otb

07-02-2024
10:35:23 am



Tim in KY Rog still there.

07-02-2024
10:36:11 am



bikerabe tre km

07-02-2024
10:36:33 am



Katie S that aerial view really flattens out the climb

07-02-2024
10:37:52 am



Tim in KY If the descent looks like that, I will have The Fear.

07-02-2024
10:38:27 am



bikerabe penultimate km

07-02-2024
10:39:43 am



Tim in KY With that loong descent attacking doesn't make much sense

07-02-2024
10:40:04 am

now.



bikerabe Ultimo KM Evenepoel still there

07-02-2024
10:40:54 am



John Why attack with only 800m to the summit?

07-02-2024
10:41:41 am



bikerabe Pog and Vinego !

07-02-2024
10:42:15 am



Tim in KY And wet roads...

07-02-2024
10:42:54 am



Katie S perhaps a test of Vinego?

07-02-2024
10:43:16 am



bikerabe bonus 8 secs for Pog

07-02-2024
10:43:57 am



Katie S Queue the Fear

07-02-2024
10:44:26 am



KimC The split screen shots are even more dizzying!

07-02-2024
10:45:04 am



Tim in KY Pog is now faster than the fastest.

07-02-2024
10:47:17 am



Tim in KY At least the snow and wet are gone.

07-02-2024
10:47:38 am



John The Fear is not

07-02-2024
10:48:01 am



Tim in KY True, John.

07-02-2024
10:48:44 am



John I came down a descent in the Alps a few weeks ago similar to this. I was borderline terrified.

07-02-2024
10:49:33 am



Katie S just borderline?

07-02-2024
10:49:54 am



John Very thankful for disc brakes

07-02-2024
10:50:24 am



John Well, I take back my question about Pog attacking. When you can descend like this, you donâ€™t need the time on the climb.

07-02-2024
10:54:20 am



bikerabe gap over 30 secs

07-02-2024
10:56:34 am



bikerabe Quatre km

07-02-2024
10:57:35 am



Katie S Odds that this group together can catch Pog?

07-02-2024
10:57:54 am



John Slim and slimmer

07-02-2024
10:58:07 am



John Especially with a teammate there to mess things up

07-02-2024
10:58:36 am



Tim in KY Tomorrow is a sprint on the Rhone.

07-02-2024
10:59:12 am



bikerabe tre km

07-02-2024
10:59:15 am



Katie S kite

07-02-2024
11:00:04 am



bikerabe penultimate km

07-02-2024
11:00:16 am



Katie S wowza

07-02-2024
11:02:04 am



Katie S are you guys all across the line now?

07-02-2024
11:03:40 am



bikerabe Evenepoel Ayuso 2nd 3rd

07-02-2024
11:05:25 am



Tim in KY Waiting to see a GC.

07-02-2024
11:05:47 am



Katie S I saw a solid 35+ for Vinego

07-02-2024
11:07:26 am



Tim in KY :37 actually.

07-02-2024
11:07:55 am



bikerabe Evenepoel 45" Vinego 50"

07-02-2024
11:10:28 am



bikerabe GC

07-02-2024
11:10:43 am



Katie S That's a good gap for Pogo

07-02-2024
11:11:02 am



Katie S All righty - see you guys tomorrow. I have to go deal w/ WORK, which has become a massive cluster. Kind of like a crash at 900 meters of a flat, straight sprint finish.

07-02-2024
11:13:34 am



bikerabe sprint stage tomorrow

07-02-2024
11:18:54 am