Vail Racquet Club
Mountain Resort

January 8, 2019

Dear Homeowner,

The Board of Directors recently held our quarterly meeting and I would like to provide you with an update of our activities. We began with the election of officers for the next year and I have the pleasure of serving as your President, Patty Bortz will continue to serve as Vice President and Hal Naiman will continue as Secretary.

During our meeting, the Board reviewed the YTD financial report and all entities are performing at or better than budget at this point in our fiscal year. It was noted that December reservations were lagging due to what the mountain hospitality industry is referring to as a "snow hangover" from the poor conditions of last year. Fortunately, we have seen a strong start to January and the above average snowfall continues to bring guests to our resort. We are optimistic that ultimately there will be good winter rentals and a positive finish in all operations at the conclusion of our fiscal year on May 31st.

The Board reviewed the property and liability insurance for the upcoming year and due to the progress made on replacing the wood shake roofs at the Townhomes, the Association was able to entertain offers from other qualified insurers. This competition allowed the insurance cost increase to remain minimal at approximately 1%. It was good to see the major capital projects are providing insurance benefits and we anticipate that other opportunities for savings may occur as we finish the re-roofing and switch to natural gas fireplaces at the condominiums.

We received a 2018 real estate report which once again showed good activity. There were 20 unit transactions with the following sales ranges: one bedroom units ranged from $290,000 to $399,970; two bedrooms between $525,000 and $620,000; three bedroom condominiums had no sales, and Townhomes ranged between $674,500 and $972,500.

The average sales prices for each unit type increased year-over-year with one bedrooms appreciating at 8.4%, two bedrooms at 11% and Townhomes at 1% (keep in mind townhome appreciation was 28% in 2017). Currently there are only 3 units listed for sale which is well below the historical average. This lack of inventory, plus the ongoing property improvements should continue to make our property attractive to buyers this coming year.

The Board toured the property to inspect all of the major capital improvements which have been completed so far. We are very pleased that the projects have been successfully completed to a high standard and are still within the overall budget. Once again, we'd like to recognize Steve Loftus who has done a remarkable job of coordinating all aspects of the projects. His efforts and management are noteworthy and the property improvements are impressive.

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Next spring the major projects will continue with the deck replacements at Building 13, the townhome exteriors on Buildings D, G, H, I and L, and the initial phase of the natural gas fireplaces at the condominiums. The Board is also looking at the possibility of moving forward with the locker room remodels in one phase instead of two and we will be reviewing this option at our April meeting.

We also had the opportunity to tour the restaurant improvements with the new owner, Mike Dennis of the Dennis Group. It is amazing that we were able to find such an experienced restaurateur and bring them to the VRCMR in such a short amount of time. As we toured, we were collectively impressed with the progress so far as well as Mike's vision and enthusiasm for his new restaurant. As things have progressed, the remodel has been more expansive in this first phase than we first envisioned and we are expecting Heirloom to be opening in the coming weeks. I think you'll be impressed with the restaurant's appearance and atmosphere and hope that you will support and frequent our new restaurant to help ensure its success.

In conclusion, I look forward to serving as your President during this exciting time in the property's history. The Board is pleased with the results of the capital improvements and the corresponding increase in property values. I anticipate a bright future and eagerly await the continued improvements to our wonderful resort. Thank you for your support.

Happy New Year!

Sincerely,

Fred Bradford
President

Vail Racquet Club

The Old Muddy Gazette

Happy New Year!

January 2019

VRC Class Update For January

Weekend Yoga

Friday's @ 5:30 pm with Paul
Saturday's @ 5:30 pm with Sally
Sunday's @ 6:00 pm with Joey

Barre Rhythm

Saturday's @ 11:00 am with Rebecka

SPS Spinal Stabilization

Monday's @ 7:00 pm Beginner Level
Monday's @ 8:00 pm Advanced Level with Daniela

Please check class schedule online weekly at vailracquetclub.com

RELAX, RENEW, REVIVE.

MASSAGE

Come take advantage of the Vail Racquet Club's Certified Massage Therapy Department, & book a massage today. We will have therapists on daily throughout the Winter.
We have the Best Rates In The Valley!
For Members & Owners only,
$80 for a 50 minute custom massage!
Call today to reserve your appointment (970)476-4840.

Snowshoe Rentals

We have a full fleet of Crescent Moon Snowshoes to rent for Members & Owners.

Snowshoes are $15 per pair.

HEIRLOOM

The new restaurant at the Vail Racquet Club will be opening soon!

Vail Racquet Club

HEALTH AND FITNESS NEWS:

Barre Class: Why the Ballet Workout Is So Good for Your Body

The following article is from Time, October, 2017

In ballet training, the barre is the horizontal handrail dancers grip while perfecting their technique. Barre-style workouts take those classic ballet warmup exercises and reimagine them for a much wider audience.

While it may seem like a recent phenomenon, barre strength and flexibility training have been in vogue since the times of Louis XVI, says Ginny Wilmerding, a research professor at the University of New Mexico. The modern day version is primarily a leg-and-butt workout; from your ankles and calves up through your knees, hips and glutes, barre movements are all about improving range of motion, strength and flexibility in your lower half by forcing one of your legs to perform graceful and precise movements while the other supports and stabilizes you, she says. The sales pitch for all of that excruciating precision is that if you want a dancer's body, you should train like a dancer. "I mean, who doesn't want to look like a prima ballerina?" says Michele Olson, a professor of exercise physiology at Auburn University, Montgomery. "You're talking about nice, lean muscle tone and perfect posture."

But just as going to football practice won't make you look like a linebacker, barre training is more likely to help you achieve a ballerina's muscle endurance and balance than body shape. Those are valuable assets that do not come with every workout. Unlike muscle strength, endurance determines your muscle's ability to work for long periods of time. (Strength may allow you to lift a weight, but muscle endurance dictates how many times you can lift it.) Barre is also effective at targeting the "support and steady" muscles that run close to your bones and tie into your core and spine—the ones most of us neglect when we spend a lot of time sitting or engaged in forward and backward activities like running, says Olson. "Real 360-degree balance involves a lot of those side-to-side muscles a lot of us don't use much, and so they become weak," she says. Barre is also low impact and has a built-in handhold, making it a relatively safe form of exercise. Especially for older people at risk for falls, barre may be a safe good way to improve stability and avoid accidents.

But the workout is not without risks, especially for the back and knees. One example: "Ballerinas are taught to tuck the pelvis so that the low back that normally curves inward loses its curve and looks straight," Olson says. While dancers do that for their art, tucking the pelvis can lead to back pain and injuries for the average exerciser. Most barre classes have abandoned that sort of strict pelvis-tucking, but Olson says some classes still include extreme plie knee bends that can increase a person's risk for knee injury. Especially if you decide to go for a run right after your barre class, the "excessive" amount of pressure that some barre moves place on your knees could lead to sprains or strains. "There are some things dancers do that others have no need for," says Wilmerding, who advises to take the training slowly and to focus on form, rather than trying to get an intense muscle or cardio workout from the practice. Like tai chi, "you're working on stability and flexibility and strength, but you have this higher goal of control and aesthetics."

Another point to keep in mind is that even though barre class brings a good core workout, you may be torching fewer calories than you think. One of the few published studies that has looked at barre's cardiovascular and metabolic demands found that the activity—at least in its traditional form—doesn't burn many calories and more closely resembles walking than running in terms of its intensity. "Like any form of exercise, I think you need some variety," Olson says.