



January 8, 2020

Dear Homeowner,

The third, and most aggressive, phase of the Major Capital Projects has concluded making 2019 another significant year as the Association continues to make considerable enhancements to the property. Now that 12 of the 16 townhome buildings are complete, the exterior renovations are proving to be an impressive transformation which has captured the attention of many realtors and buyers throughout the valley. Additionally, the deck project at Building 13 (decks, stair towers and patios), the common hallways at Building 11, and the natural gas piping installation for Buildings 1-8 were all completed in this cycle.

The crowning achievement of the year, however, was the locker room renovation which was completed on schedule and before the holidays. Thank you to Steve Loftus who held the contractors to a high standard and kept them on track to meet the tight completion deadline. The end result has exceeded many owners and members expectations and the locker rooms have received rave reviews (please see the following photos).

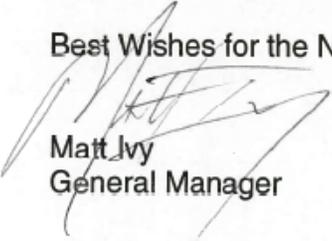
There are currently still a few lockers available for rent at the special homeowner rate. If you are interested in an annual locker rental, then please contact Craig Holst, the Club Manager, at Craig@VRCMR.com.

Once again there was strong real estate activity over the past year with 21 transactions. The sales prices fell within the following ranges: one bedroom units from \$340,000 to \$409,000; two bedrooms between \$512,500 and \$690,000; there were no three bedroom condo sales, and Townhomes ranged between \$693,000 and \$1,240,000.

Throughout the past year, there was consistently a very low number of units for sale and the for-sale inventory moved quickly; currently only 3 are listed. This lack of inventory, along with buyers recognizing the property enhancements has had a positive effect on the sales prices. The average for each unit type increased year-over-year with one bedrooms appreciating at 9%, two bedrooms at 7% and Townhomes at 10.5%.

So far this winter there has been above average snowfall and great conditions on the Vail Mountain. With more snow in the forecast this week, please remember to help with property safety and snow removal efforts by moving your vehicle during and after each snowstorm. It makes a significant difference when cars are moved so maintenance can clear spots and more effectively haul snow to free up the parking areas.

Best Wishes for the New Year!


Matt Ivy
General Manager

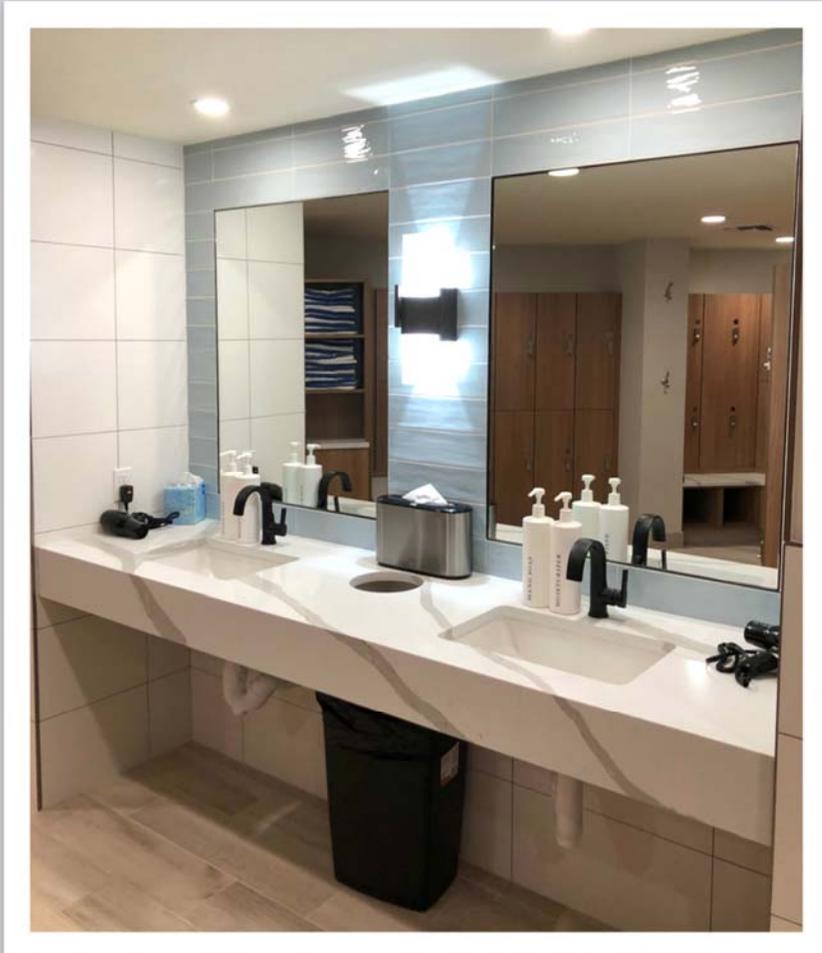
Capital Project Progress Report

January 2020

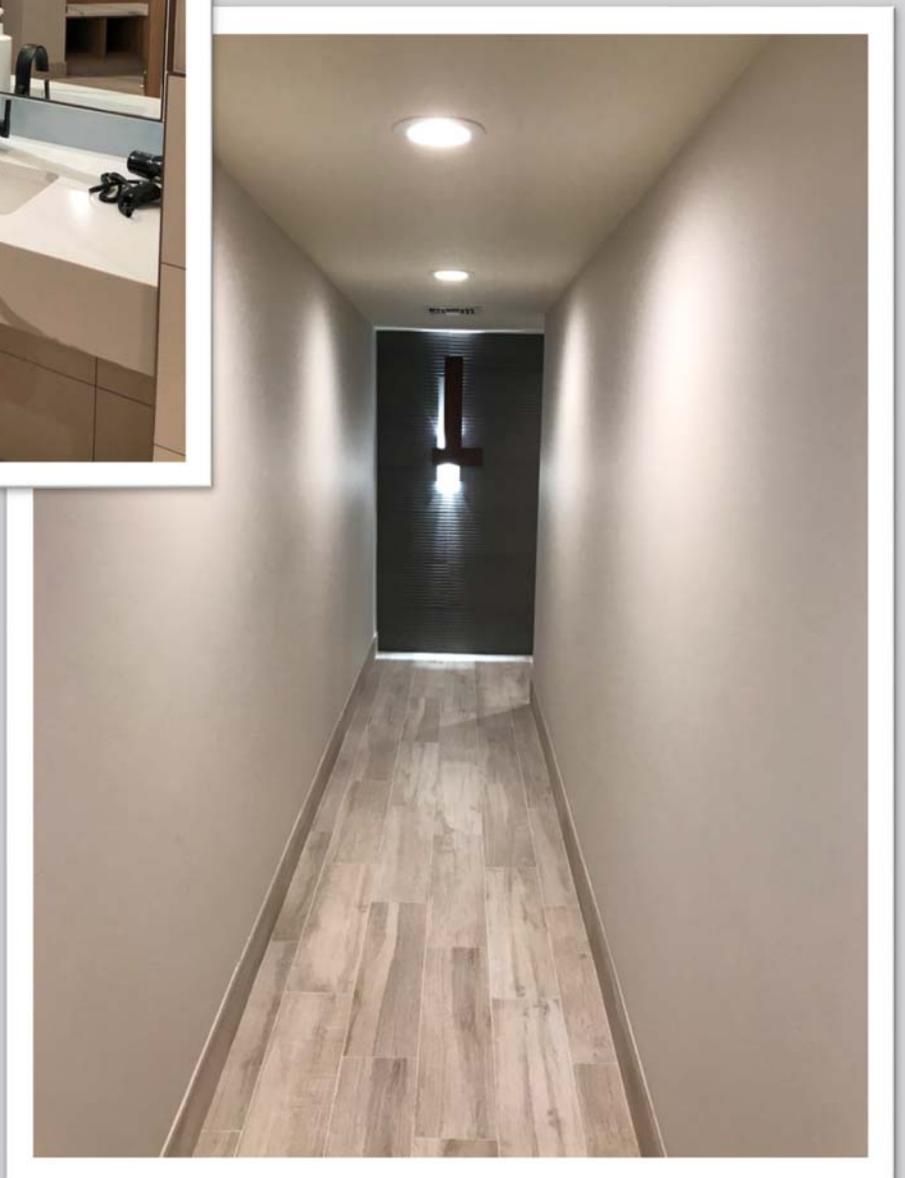
Locker Room Project



Vanity



Entrance



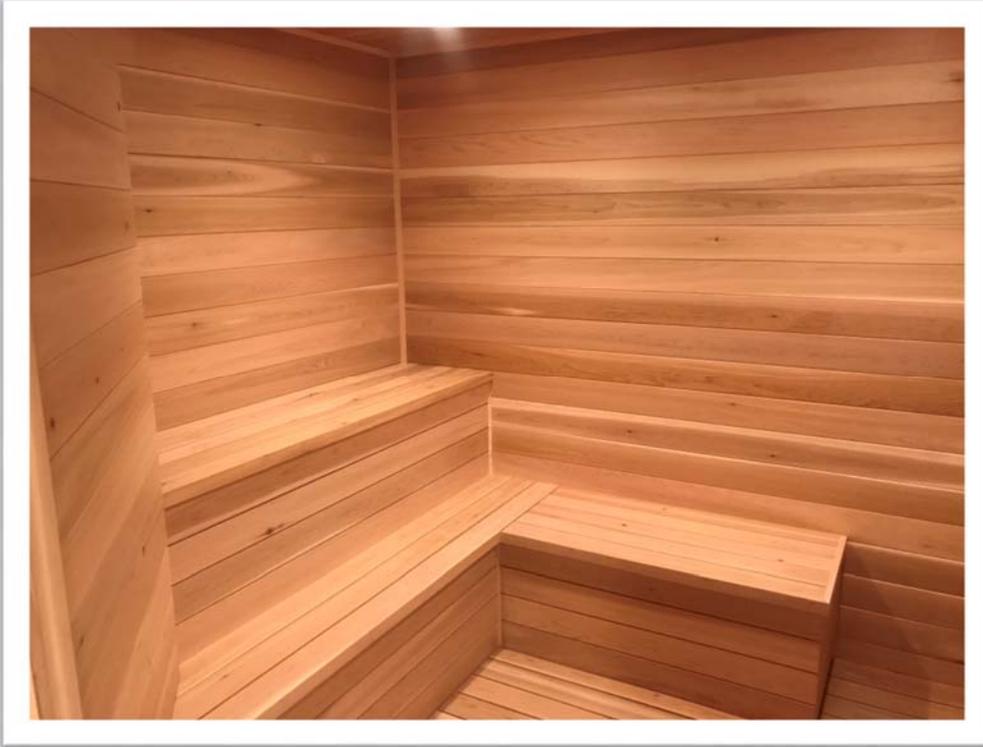
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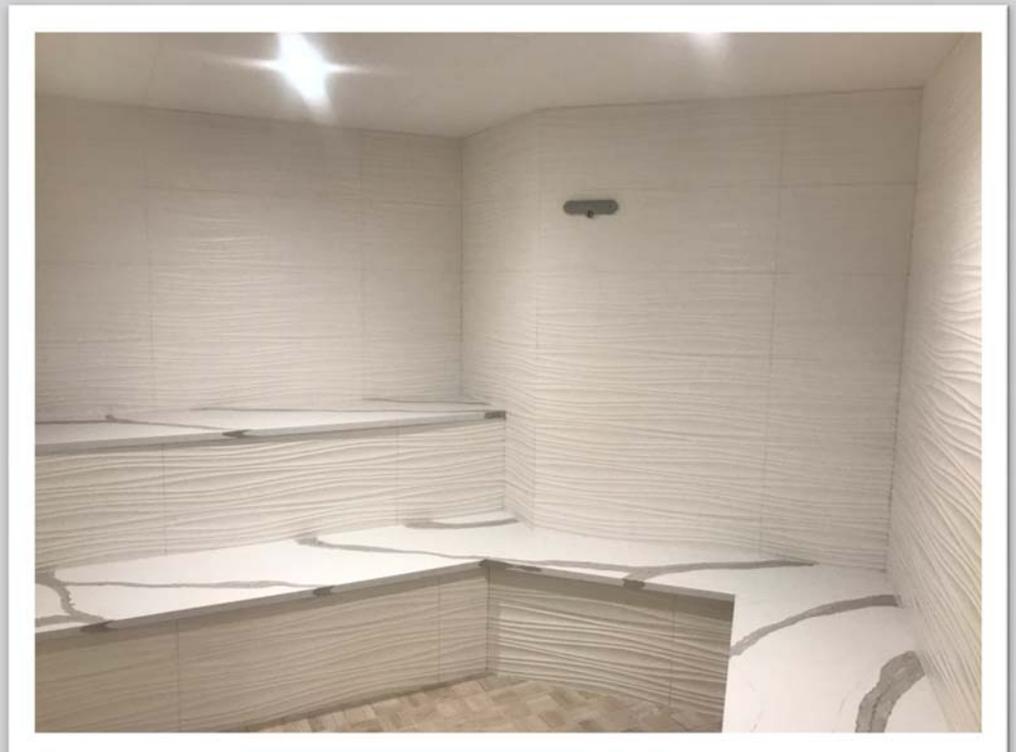
Locker Room Project



Sauna



Steam Room



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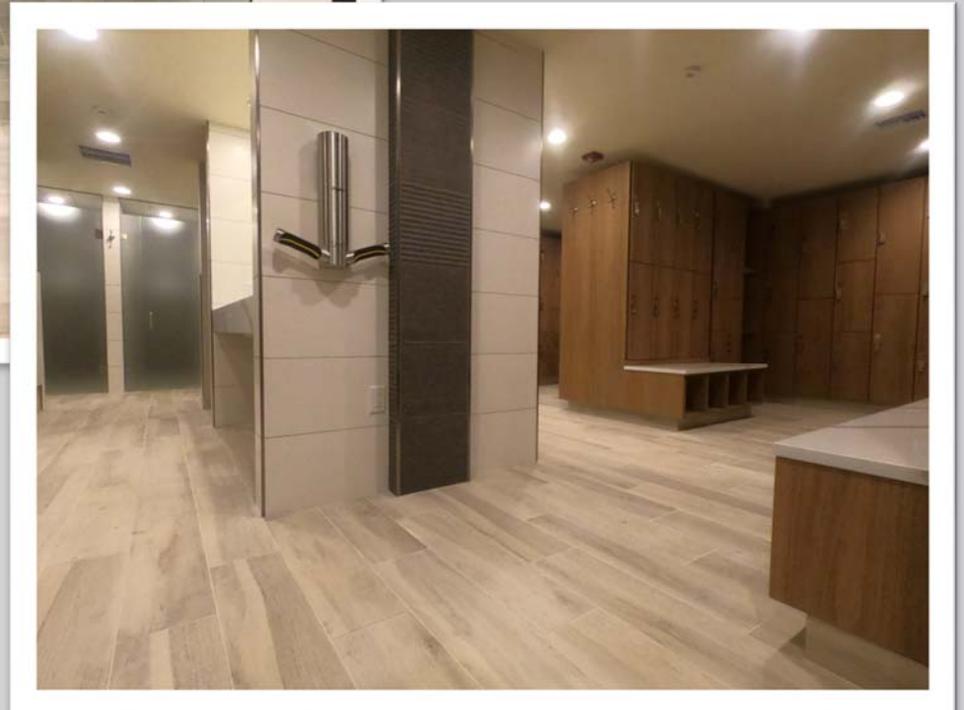
Locker Room Project



Showers



Hand Dryer



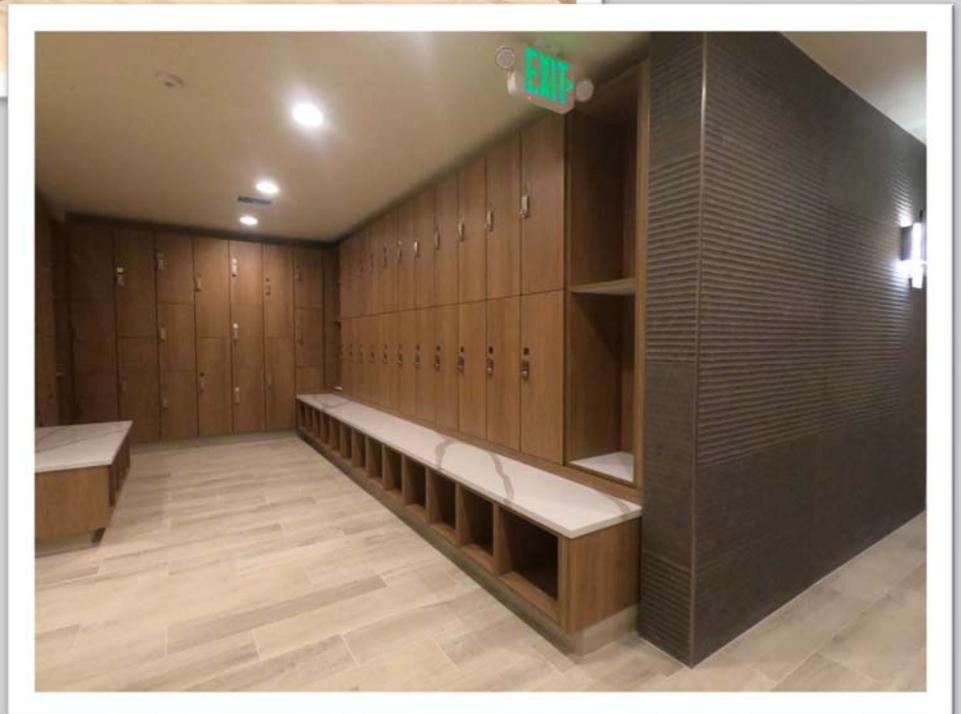
Capital Project Progress Report

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Locker Room Project



Lockers & Cubbies





Vail Racquet Club

Happy New Year!
January

The Old Muddy Gazette

2020

The new Locker Rooms
are open! Come see the new floor
plan and all the new amenities!

VRC Class Update For January



Weekend Yoga

Saturday's @ 5:30 pm with Sally
Sunday's @ 5:30 pm with Joey

Barre Rhythm

Thursday's @ 6:30 pm with Rebecka

*Please check class schedule online weekly at
vailracquetclub.com*

**RELAX, RENEW,
REVIVE.**

MASSAGE



We have therapists on daily
throughout the Winter.
Best Rates In The Valley for our
Members & Owners,
\$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.



EST. 2018

HEIRLOOM

Open for dinner every
Wednesday—Sunday
@ 5:30pm.
Please call for reservations
(970)688-5437.



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.