Vail Racquet Club
Mountain Resort

July 5, 2023

Dear Homeowner,

This may be the most beautiful summer we've had in Vail in years. Thanks to the winter snowfall and spring rain the foliage is a deep shade of green, and the wildflowers are absolutely stunning. Our tennis and pickleball courts are constantly busy, and the pool area is seeing lots of visitation and has received great feedback on the new lounge chairs. What a truly special alpine home the Vail Racquet Club is, particularly in summer.

Budget Ratification

The Association held the required budget meeting on June 20th. There was not a majority of homeowners who vetoed the budget, therefore the Board approved budget for the 2023/2024 fiscal year has been ratified.

Shift Bikes

Did you know that the Town of Vail participates in an e-bike-share program? The nearest hub is at Bighorn Park, with hubs throughout town (all the way to Eagle Vail, Avon and Edwards!) A summer membership, which allows for up to 60 minutes of biking per day, is $100. A monthly membership is $25/month, or you can pay as you go for 40¢ per minute. These pedal assist e-bikes allow for speeds up to 18 mph and are easy and FUN to ride! For more information, visit Shift Bike (shift-bike.com)

Hiker Shuttle

The Town of Vail has added a hiker shuttle to their free bus system this summer. It has stops all along Bighorn Road and provides express service to many of the East Vail hiking trails, including Booth Falls (which no longer allows for any parking at the trailhead). For a detailed schedule, visit Bus Schedules Summer | Vail, CO (vailgov.com)

Summer Activities and Events

Wondering what to do tonight, tomorrow, or next week? Vail is known for its incredible variety of summer activities and events. July includes a great line up including the Vail Jazz and Bravo! Music Festivals; free Hot Summer Nights concerts each Tuesday; Wednesday Art Walks; Sunday Farmers Market; the Farm to Table dinner series; and "Chefs In The Garden" cooking demonstrations each Thursday (noon – 2 pm) in the Betty Ford Alpine Gardens. For a complete list of Vail activities and events, visit www.discovervail.com.

Save the Date! Annual Homeowner Meeting

Reminder that the VRC Annual Homeowner Meeting is scheduled for Friday, August 11th at 2:00 pm. The meeting will be held remotely via Zoom and more information will follow soon.

All the best,

Kim Rediker

Kim Rediker
General Manager
Phone: (970) 476-4233
Email: krediker@vailracquetclub.com

Vail Racquet Club

The Old Muddy Gazette

Enjoy Summer!

July, 2023

VRC July Class Schedule

Masters Swim

Monday's @ 6:30 am ***Katie***

Wednesday's @ 6:30 am ***Jim***

Friday's @ 6:30 am ***Katie***

Pilates Mat

Tuesday's @ 8:30 am ***Malin***

Tuesday's @ 5:30 pm ***Malin***

Friday's @ 8:30 am ***Malin***

Yoga

Tuesday's @ 12:00 pm ***Betsy***

Monday's & Wednesday's @ 9:00 am ***Shayne***

Sunday's & Wednesday's @ 5:30 pm ***Joey***

Thursday's @ 8:00 am ***Jasmine***

Weekly schedule is online @ vailracquetclub.com

OWNER APPRECIATION BBQ

Please join us Saturday August 12th from 5pm—7pm out at the park below the tennis courts for food, fun, and drinks!

Please RSVP by Aug. 8th

craig@vailracquetclub.com

Tennis & Pickleball News

We have added 2 more pickleball courts across the street for the summer, making it 3 pickleball courts in total!

Lessons are available for both tennis and pickleball by contacting Greg Wanner @ (970)390-3823.

APRÈS cafe EAST VAIL

Open Thursday's through Monday's from 1pm to 9pm.

No reservations.

(970)688-5437 or hello@aprescafevail.com

Vail Racquet Club

Muscles: Designed for Action

When weather turns cold, black bears retreat to their dens. During hibernation, they occasionally rouse themselves and shiver to raise their body temperatures, but for the most part they engage in little physical activity. In the spring, they emerge from their dens, having lost a lot of body fat but only a little muscular bulk. They are fit enough to begin the next season's hunt for food. A human emerging from an equivalent period of bed rest would be in terrible shape, in need of a wheelchair to make it to the grocery store because his muscle mass would have declined nearly 80%. He would face a long and arduous period of rehabilitation to regain the muscular strength and bulk he lost to inactivity.

The difference between the muscle tissue of humans and that of hibernating mammals lies in genetic programming. Human muscle is tuned for almost continuous movement. Anyone who has ever broken a leg, or had surgery requiring immobilization of a limb remembers the sad, shrunken state of the muscles in the limb that emerged after weeks in a cast. During the time when muscles are not called into action to contract or resist gravity, they heed some mysterious signal to begin closing up shop. In medical terms, they begin to atrophy. Atrophy occurs when the normal balance of protein recycling in muscle cells shifts in favor of breaking protein down. The tiny myofibrils, made up of proteins that contract and relax, begin to shrink and disappear. Unless muscles are called into action, atrophy continues and within two weeks visible loss of muscle size becomes obvious.

Muscles also shrink in response to some serious illnesses. Here the triggers are something other than inactivity. One such trigger is tumor necrosis factor produced in response to some cancers and infections. Other atrophy signaling messages come from loss of nerve input to muscle cells, as happens in diseases like amyotrophic lateral sclerosis or polio, or from trauma that severs nerve connections to muscle. Old age too gradually robs muscle of some of its bulk. But no matter what the trigger is, once atrophy is set in motion the result is the same. Muscle shrinks. It becomes weak, fatigues easily and consumes less of the body's energy. Body metabolism slows down, sensitivity to insulin declines, and fat accumulation becomes easier.

Energy demand is the key to understanding muscle atrophy. All living things conserve energy whenever possible. This bedrock survival principle applies not only to the visible animal world, where animals do little but rest when they are not eating or seeking food, but also to the microscopic world of cellular physiology. Cells which do not get used get put to rest. Algebra, learned laboriously, is forgotten when unused. In a gravity free world like the space station bones lose their strength because the body doesn't need their support.

Muscle, a very high energy consumer, has a mysterious capacity to measure time in which it is not called upon to contract or to resist gravity. Once inactivity has exceeded a few days, muscle cells begin to shrink.

Muscle atrophy can also occur in subtle forms over a lifetime. In feet, for instance, more than 20 muscles control the motion of the intricate bony structure. Members of non- shoe wearing cultures use both hands and feet to grasp the surfaces of trees that they climb to reach coconuts. Their feet are remarkably strong and flexible because they demand much of the muscles in them. Feet protected by shoes come to lack strength and flexibility. In cultures where people squat frequently rather than sitting in chairs, the ability to squat and rise is retained better than it is in populations where squatting is not required in the daily routine of life.

Muscle is very forgiving and will respond to resumed calls for action, even in octogenarians. At the behest of some signal related to repetitive need for contraction, muscle cells once again begin to make more proteins than they break down. Muscle fibers increase in size and tensile strength. If health is returned, someone who has been weakened by a debilitating illness becomes stronger. Following nerve damage, muscle may recover if the nerve supply is re-established, though this recovery is limited if long periods of time have elapsed.

Passive electrical stimulation of muscles which have no nerve supply helps prevent atrophy, but is never as effective as active use in restoring muscle strength.

How much movement is enough to keep muscles healthy? The easiest way to think about this problem is to picture the life in which humans evolved. No cars, no chairs, no grocery stores. Life involved hunting and gathering, squatting around campfires, climbing trees, running from predators and after prey. In such a world no groups of muscles were neglected. In the modern world it takes more effort – such as learning Pilates and yoga - to make sure that the muscles of the shoulders, hips and torso are used regularly. But it is easy to find daily opportunities to walk more, run a few steps, add a little bounce to stair climbing, and to squat and rise and go without shoes.

Prolonged sitting? Best interrupted frequently. Mindfulness and willfulness about physical activity are keys to healthy muscles in the modern world.

The lessons to be learned from muscle atrophy are that humans are designed for motion and that healthy muscle is integral to healthy overall metabolism. Hence the constant refrain that exercise is necessary to prevent chronic illnesses like obesity, diabetes, and coronary artery disease. Unlike bears, we are programmed only for short, regular bouts of resting. Nature will wait only a few days before moving on with her overriding goal of conservation of energy.

Use it or lose it is her rule.