Vail Racquet Club
Mountain Resort

August 7, 2023

Dear Homeowner,

I hope you and your family are doing well and enjoying summer.

We look forward to you hopefully joining us for the Annual Homeowner Zoom Meeting on Friday, August 11th at 2:00 pm. The Board will share highlights from the past year as well as plans for this year.

**Annual Homeowners Meeting – Friday, August 11th at 2:00 pm (virtual meeting)**
Our Annual Meeting is only one week away, and we really need your help to achieve a quorum to hold an official meeting of the Association. Please let us know if you plan to attend by filling out the top half of the attached RSVP/Proxy form so you can receive log in credentials and a meeting information packet. If you cannot attend, please fill out the Proxy portion at the bottom half of the page. The RSVP/Proxy form can be dropped at the VRC front desk; can be mailed to us at 4695 Vail Racquet Club Drive, Vail, CO 81657; or can be emailed back to VRC.HOA@VRCMR.com.

The meeting will be held virtually via Zoom. The Board is interested in hearing from you! If you have any questions or comments that may be pertinent to the meeting, please email them to VRC.HOA@VRCMR.com by Thursday, August 10th at Noon MDT. We will answer submitted questions regarding Association matters common to a majority of homeowners at the meeting during committee reports, and questions of a more personal or individual nature will be answered directly to the owner. There will also be an opportunity for owner questions/feedback at the end of the meeting.

**Financial Outcome**
The HOA performed well to budget in the 22/23 Fiscal Year, and finalized financial information will be presented to owners after a CPA Review scheduled for early September. The Club had a surplus as compared to budget, and once the amount is confirmed by the CPA Review, the surplus funds will be transferred to the HOA Capital Reserve Fund. The Rental Operation had the best year in the history of the Vail Racquet Club in terms of gross revenue. Surplus revenue will be returned to short term rental participants, and additional services such as Spring and Fall cleans, carpet & window cleaning, and preventive maintenance inspections may be provided to each participant at no charge. We are excited to again have such a great result and to have the ability to distribute rental surpluses to those owners.

**Real Estate Sales**
In the past year, 22 units have sold at the Vail Racquet Club (August 1, 2022 – August 7, 2023), volume that is similar to that of the past 4 years. Prices hit new benchmarks, with the average increase of 15% for 1-bedroom units, 21% for 2-bedroom units, and 40% for Townhomes. Since 2020, the average increase across all unit types at Vail Racquet Club is 21%.

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**Staffing Concerns**
The bottom lines in each operation are impressive, however, some of the expense savings came at a cost of being unable to find much needed employees to fill critical open positions. This can affect levels of service, which you may have noticed is a concern with most businesses in Vail. We are actively working to recruit key employees in all departments, with the most pressing needs for a Front Desk Agent, a skilled Maintenance Technician, and a Housekeeper for common facility cleaning. We are fortunate to have a robust employee housing inventory, which helps to attract employees, but our units are currently full as about 2/3 of our full-time staff live on-site.

**Welcome to Keith Chamberlain, Director of Finance**
We are delighted to announce the addition of Keith Chamberlain as our new Director of Finance. Keith comes to us with over 20 years of accounting, finance & IT systems experience and a specialization in construction, HOA and rental management accounting and software. He moved to Vail from Summit County, where he worked with over 60 HOAs for the past 14 years with Wildernest Management. We are very happy that he decided to join the Vail Racquet Club, and we look forward to his leadership and expertise as a member of the management team.

**Activity Partners**
As a reminder, the Community Online Message Board on our website includes a section for activity partners. To access the Message Board, visit https://homeowners.vailracquetclub.com (Username: homeowner Password: vrcowner1973), then click on Message Board located on the navigation bar. Scroll to the bottom of the page and you will find a fillable form. In that form, under "Request" you can post the types of activities for which you hope to find a partner, and we will be sure that your request/availability is posted to the 'Activity Partners' link.

**Vail Racquet Club's 50th Year Homeowner Dinner**
We hope you will join us for the Homeowner Dinner celebrating 50 years of the Vail Racquet Club. The dinner will be held from 5:00 – 7:00 pm on August 12th, 2023 at the VRC Park/Grill Patio. Please RSVP to Craig@vrcmr.com. If you have any pictures or mementos from 'the early years' of the VRC, please feel free to bring them along or share with us via email to VRC.HOA@VRCMR.com and we'll put them on display.

We are pleased to report that we've had another very successful year of which we can all be proud. We are indeed fortunate to be a part of this wonderful property and look forward to many more years building memories as we live the "true Colorado experience".

Sincerely,

Fred Bradford
President

Vail Racquet Club

# The Old Muddy Gazette

*Enjoy Summer*

August 2023

## VRC August Class Schedule

### Masters Swim

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

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

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

### Pilates Mat

Tuesday's @ 8:30 am & 5:30 pm ***Malin***

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

### Yoga

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

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

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

Thursday's @ 5:30 pm ***Joey***

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

***Weekly schedule is online @ vailracquetclub.com***

## FREE POOL FURNITURE

**We are giving away our brown pool chaise lounges that we've had the past few years. If you are interested please contact Craig at**

**craig@vrcmr.com**

APRÈS cafe EAST VAIL

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

**Eat in or carry out.**

**No reservations.**

**(970)688-5437 or**

**hello@aprescafevail.com**

## MASSAGE

**We now have Massages available every Thursday—Sunday.**

**Call to reserve your appointment today (970)476-4840.**

Vail Racquet Club

## The Foundation of Walking: One-legged Balance

Human beings negotiate the world on two legs, a difficult skill mastered in toddlerhood. As children we are well balanced and swift. Then one day in mid-adulthood, we realize that our children are fast out-performing us in skills that require balance. Of course, we cannot define that point in time when balance became more difficult, because life sneaks up on us, nibbling away at skills we do not practice. Unless we are fully supported, we are never quite in balance – continuous muscular adjustment is required to get to equilibrium with the environment. The muscular adjustments are responses to three sensory input systems: vision, the vestibular system of three fluid-filled canals set at right angles to each other inside the ear, and a network of delicately engineered receptors in all muscles and tendons that, like strain gauges, measure stretch and tension. We can learn to balance without the vision and the vestibular system, but not without the reports from the little strain gauges. Try getting up and walking after one foot has fallen densely asleep from pressure on the nerves which are the highways for sensory information on its way to the brain. Even if you can wiggle the foot (because motor nerves are more resistant to pressure than sensory ones), you cannot use it without the muscles reporting in about their activity. When life involves little but moving from one form of seating to another, the feedback systems in the eyes, ears and muscles and tendons get little exercise. Over time balance skills, like algebra, recede. When we cannot recover balance quickly enough, we may fall when we trip or simply when changing position or direction. Falling is the cause of many hospitalizations and the cause of death from the injuries incurred. Therefore, living well and independently with age depends in no small part on maintaining the ability to walk without falling. Fortunately, balance improves with practice and we have ample opportunity throughout the day to engage the balance systems and give them a workout. While stimulating the inner ear mechanisms and their coordination with vision help balance (try dancing, with spins), the largest improvements in balance come from improving awareness of sensory input from the muscles while they are in action. In routine life, walking is the most complex motor function we perform, involving the subconscious coordination of over 300 muscles in a series of controlled falls. One foot bears the body's weight while the other foot swings forward. Landing the forward moving foot prevents the body from falling forward. When one-footed balance begins to decline, falls begin to occur. Practicing one-footed standing while barefoot and using a countertop for support is the first step in feeling which muscles make the stance possible. The gluteal muscles in the rear end on the side of the weight bearing leg have to contract to keep the pelvis from dropping on the other side. The entire foot, powered by the lower leg and foot muscles that press the toes into the ground, is your supporting platform. As balance improves, move away from the support of a counter and practice lifting one knee up to a right angle with the floor, then swinging it down and back and a little behind you, concentrating on keeping the pelvis level and stable. Since the lower leg and foot muscles suffer first and worst from age-related muscle loss, as well as from a lifetime in protective, constricting footwear, deliberate strengthening of these muscles is worth your time. Walking balance also improves with good upright posture. Your head weighs 10-14 pounds when directly over your spine, but the weight doubles, triples and even quadruples as the neck bends or juts forward. The work of balancing yourself increases proportionately. With the head and chest lined up over the pelvis, engage the muscles of the trunk and back by trying to lift the pubic bone upward with the front of the abdomen and pulling the shoulder blades in and down. And pay attention to the back and shoulder muscles in strength workouts. Now, when walking, try to feel the one footedness you have practiced. The action in walking is at the hip and the ankle and foot. The role of the knee is to let the leg bend. As you shift your weight to one foot, feel the gluteal contraction in the rear that holds the pelvis level and prevents the released side from dropping. The gluteal contraction also begins to push the body forward. The quadriceps muscle in the front of the thigh contracts a little to keep the leg straight (most of its power is reserved for knee extension from a bent position.) Be sure to notice the entire sole of the foot. Its connection with the ground began when the heel planted. As the body moves forward the weight rolls over the outside of the foot to the outer toes and then the big toe. Toes add a significant amount of surface area, increasing the sensory information fed into the motor system. Press into the ground with the forefoot and toes as the ankle moves and the heel lifts off the ground. When balance has declined, walking is accomplished by using large groups of muscles, producing easily recognizable gaits. Someone who initiates the leg swing by lifting the entire side of the body, from the shoulder down, is already off balance. His body has to tip to the opposite side for the advancing leg to clear the ground. When that leg lands, the gluteals don't engage, the foot lands flat, there is no push off from the hip or foot, and the other side begins to lift from the shoulder. On a sunny day you will see that walker's shadow shift from side to side. Working to make your shadow move in a straight line as you walk pays off in a longer functional life.

# Racquet Club Owners Association
## RSVP / Proxy Form 2023 Annual Meeting
## August 11, 2023 ~ 2:00 pm MDT

I represent myself to be an owner of **Building** _____ **Unit**_____ and to be a member in good standing of the Association.

☐ **Yes, I will be attending the Annual Homeowners Association Meeting.**

Please provide one email address for meeting registration and voting purposes:

_____

If you cannot attend the Annual Homeowner meeting, please execute the below proxy form:

**PROXY: I do appoint and grant my proxy to:**

☐ **Option 1:** The Members of the Board of Directors of the Association present at the Annual Meeting acting by and through a vote of a majority of those Board Members.

☐ **Option 2:** I assign my proxy to: _____

☐ **Option 3:** My proxy is to be used only for the purpose of attaining a quorum.

This proxy is to be used to establish the presence of a quorum and to cast my vote on all matters that may come before the meeting, unless option 3 is selected. All previous proxies are revoked. This proxy is void if I attend the meeting.

_____

Unit Owner *Legal Signature – Do not print* Date

_____

Unit Owner Printed Name Building & Unit

This writable electronic proxy is valid if it is filled out and signed electronically, then e-mailed back to the Association only from the e-mail address the Association has on file for your unit.