September 8, 2023

Dear Homeowner,

Thank you to all owners who either attended the Annual Meeting on August 11th or sent in a proxy. Your participation is appreciated, and it allowed the Association to establish a quorum and hold an official meeting. We were pleased to add a homeowner Q & A session to the meeting, thank you to all who had great questions and insightful feedback. The draft minutes of the meeting are included with this newsletter.

Board Election

The election took place during the Annual meeting to fill 3 seats on the Board of Directors, each a 3-year term. James Coope, Peter Koclanes (incumbent), and Kathy Summers (incumbent) were elected. Thank you to everyone who expressed an interest in running for the Board and to all who are willing to offer their time and expertise in service of the Association.

Rules & Regulations Update

At their regular August meeting, the Board adopted a revision to the Rules & Regulations of the Association, specifically to expand allowable personal items permitted on a year-around basis on decks and patios. Previously the only furniture that was permitted was one dining table and 4 chairs. The complete Rules & Regulations Document can be found on the HOA website at HOA-Rules-and-Regulations.pdf (vailracquetclub.com). The part of Section 2.b. that references patio/deck furniture has been revised and now reads as follows:

The following personal items are allowed to be on the decks and patios on a year-around basis:

- Exterior all-weather furniture sets consisting of one of these options:
  - One dining table and matching dining chairs

    OR
  - One accent table and up to four patio chairs

    OR
  - One loveseat or sofa (not to exceed 75" wide) and one coffee table or matching ottoman.
    - A maximum of one exterior all-weather furniture set is permitted per patio, front deck, side deck, and back deck area. Sets should be matching and neutral/natural in color. Seat cushions must be in good condition and should be removed and stored during the winter months. **Sets should be proportional to the space directly associated with the unit.** Sets must not impede access to units or obstruct pedestrian traffic on decks and walkways. Furniture that is broken, faded, or showing excessive wear or damage is not acceptable. Determination of whether furniture conforms with the specifications in this rule shall be at the discretion of HOA Management.

- Outdoor furniture covers in good condition, must be stored out of view when not in use.

Homeowner Dinner

More than 100 owners attended the Homeowner Dinner on August 12, 2023. Despite heavy rain most of the day, the sky cleared at around 4:30 pm and the weather was perfect for the event. It was a wonderful gathering with opportunities to meet, greet, play games and converse. Many thanks to all who attended, please see pictures following the newsletter.

Bike Donation Event

The first annual VRC Bike Donation Event on August 26th, partnered with Bicycles 4 Humanity Colorado (www.bicycles4humanity.org), was a rousing success. We spread the word throughout the community, with many people from throughout the valley bringing donations. We were able to send more than 60 bikes to Africa, helping to provide sustainable mobility solutions to rural Africans. Special thanks to Board member Kathy Summers for the idea and work in organizing the event!

September VRC Owner Event

VRC will hold monthly Owner Events to give you all an opportunity to socialize with your neighbors. We hope you'll join us for Happy Hour on Monday, September 18th on the back deck of Après Café from 3:30 pm – 5 pm. Polite/friendly fur friends are welcome, but not required.

Sincerely,

Kim Rediker
General Manager
krediker@vailracquetclub.com
970-476-4233

August 2023
Homeowner Dinner

August 2023
Homeowner Dinner

August 2023
Homeowner Dinner
Vail Racquet Club

August 2023
Homeowner Dinner

YAPPY HOUR!

A VRC OWNER EVENT

Meet your neighbors and their fur babies at this VRC owners' event. Free treats for the pups & one complimentary adult beverage for humans.

Join us at Après Café
Monday, September 18
3:30 - 5:00 pm
RSVP to craig@vrcmr.com

Vail Racquet Club
Mountain Resort

RACQUET CLUB OWNERS' ASSOCIATION
ANNUAL MEETING MINUTES
Friday, August 11, 2023

Board Members and Staff in Attendance:

Fred Bradford	President
Hal Naiman	Secretary
Molly Daniels	Member
Paul DeLauro	Member
Greg Grotke	Member
Peter Koclanes	Member
Rhonda Salinsky	Member
Kathy Summers	Member
Kim Rediker	General Manager
Keith Chamberlain	Director of Finance & Operations
Steve Loftus	Director of Facilities & Grounds
Lindsay Stadler	Owner Relations Manager -*Taking Minutes*
Heather Gilman	Accounting Manager - *Verifying Quorum*

Call to Order:
The meeting was called to order at 2:07PM. Notice of the meeting was proven, and quorum was verified.

Ms. Rediker welcomed the VRC homeowners and Board Members. She introduced the Board of Directors and the new Director of Finance, Keith Chamberlain. Ms. Rediker introduced all VRC Managers and noted that Ms. Nelson, the Maintenance Office Manager, was recognized this year as the Prima Vail employee of the month for the Town of Vail in December 2022.

Approval of the 2022 Homeowner Meeting Minutes:
The minutes of the 2022 Annual Homeowners Meeting were provided in the meeting packet. Upon a proper motion and second, with a vote via online poll, the Minutes were approved as presented.

Treasurer's Report:
Mr. Chamberlain reported on FY2023 year-end results, with all entities performing well compared to budget and a surplus for all entities (HOA, Club, Rental). HOA and Club surpluses will be transferred to the Capital Reserve fund, and Rental surpluses will be distributed back to program participants.

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Mr. Chamberlain noted that FY2024 has started out well, with an organization goal of decreasing expenses as appropriate and increasing revenue when possible. In reviewing processes and procedures, it was determined that the accounting software currently in use is very antiquated and unnecessarily complex. VRC is upgrading accounting software this fall, and the new software will be a dramatic improvement for both owners and the staff.

President's Report:
Mr. Fred Bradford welcomed the VRC homeowners and reported the Board members are very pleased with Ms. Rediker, new General Manager, and welcomed Mr. Chamberlain to the team. Mr. Bradford noted that the VRC has had a very good year.

Manager's Report:
Ms. Rediker announced it was a big year at the Vail Racquet Club with Mr. Ivy's retirement. She is happy to be part of the team, and her focus is for the VRC to provide great service to owners, club members, and property guests.

Staffing –
Ms. Rediker reported that the VRC is still short staffed, with continuing difficulty filling key positions in the Front Office, Maintenance and Housekeeping departments. She is very proud of the current team who works long hours with little rest to be sure the property runs smoothly and is in great shape.

Club Improvements -
Ms. Rediker said several improvements have been made to facilities this year including new renovated adult hot tubs, new pool furniture, new adirondak chairs along the Gore Creek, new app-compatible washers and dryers in common area laundry rooms, and updated lobby décor and original artwork by a fellow VRC homeowner, Fran Flicker.

Short Term Rental Program –
The Rental Operation grossed over $3MM in rental revenue in FY2023, for the first time in VRC history.

Apres Café –
Ms. Rediker reported that Apres Café has been wildly successful at the VRC, and the owners/operators wish they could be open 7 days a week. Unfortunately, due to staffing challenges they continue to be closed Tuesdays and Wednesdays. She encouraged VRC homeowners to continue to support the restaurant if they have the opportunity.

Club –
Ms. Rediker said the Club facilities have been active and the tennis/pickleball courts are very busy.

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Bike Storage –
Ms. Rediker announced that the VRC is going to do a bike drive and any unregistered bikes are going to be donated to Africa.

Real Estate –
Ms. Rediker reported that 23 units have sold from August 11, 2022 to August 10, 2023.

- 11 – One-bedroom condos sold with prices ranging from $611,000 - $725,000
- 5 – Two-bedroom condos sold with prices ranging from $965,000 - $1,100,000
- 0 - Three-bedroom condos sold
- 7 – Townhomes sold with prices ranging from $1,000,000 - $1,620,000

Ms. Rediker noted that there are currently just three units listed for sale. She also reviewed the appreciation percentages per unit type. Year over year, one-bedroom condo prices increased 15%, two-bedroom condo prices increased 21%, and townhome prices increased 40%. The VRC is very much in demand and units continue to sell quickly.

Homeowner Survey -
Ms. Rediker said the homeowner survey will be sent out in the September and encouraged owners to email her with questions suggestions.

Homeowner Dinner –
Ms. Rediker reminded everyone that the VRC Homeowner Dinner is tomorrow, August 12th, at the park/BBQ area between 5PM – 7PM to celebrate 50 years of the VRC.

Committee Reports:
Buildings and Grounds Planning Committee –

EV Charging Stations –
Mr. Loftus, the Director of Facilities and Grounds, announced that demand for the Electric Vehicle Charging Stations at the VRC has increased steadily with a peak of over 200 charges in January. The VRC received a $36K grant from the state just two years ago allowing for 4 dual port charges to be installed on property. The net cost was around $43K and it is a breakeven operation.

Deck Replacements –
Mr. Loftus said the deck project at building 8 was finished last fall and Building 7 deck project underway this summer is almost complete with only the stair towers left to finish.

Adult Hot Tub Renovation –
Mr. Loftus presented transformation before and after photos of the adult hot tub area. The project begun just after Labor Day in 2022 and was complete by December 27, 2022.

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Tree Removal Campaign-
Mr. Loftus reviewed there has been a push to remove trees close to the buildings in response to feedback from the local fire department and insurance company, and more than 30 trees have been taken down this summer. Mr. Loftus reviewed which of the trees were removed and presented a very old photo of the VRC from many years ago with hardly any trees.

Landscaping Plan –
Mr. Loftus reviewed landscaping improvements and plans at the VRC which includes removing small areas of sod and replacing it with cobblestones, boulders, small evergreens, and red feather grasses. The new design uses just a fraction of the water. The VRC stepped up sod removal projects in response to pressure from Eagle River Water and Sanitation to reduce water usage. Mr. Loftus said this plan will continue but on a small scale as it can get expensive.

Parking Lot Striper –
Mr. Loftus reported that the VRC invested in a new parking lot striper which allows the striping to now be done in house.

Future Major Capital Projects –
Mr. Loftus reviewed the upcoming Major Capital Projects:

Fall 2023
- Finish Building 7 Replacement Deck Project
- Remodel unit 1403 VRC Employee Housing Unit

Spring 2023
- Building 11 Creekside Patio & Deck Improvements
- Re-Roof Clubhouse

Mr. Rediker thanked Mr. Loftus and noted his creativity, problem solving and expertise in construction/engineering is impressive.

Rental Committee –
Ms. Daniels, Rental Committee Chairperson, thanked the rental participates and said she will be at the Homeowner Dinner tomorrow and would be happy to talk with any owners interested in the program.

Ms. Daniel reported there are currently 91 Short Term Rental units of varying quality (55 Platinum, 34 Gold, 2 Silver). Rentals are tracking ahead of budget this summer.

Ms. Daniels provided a recap of the VRC guest bookings. She was excited to report that direct bookings are higher than last summer. She noted group business is down and

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wholesale and season rentals are about the same. Guests at the VRC are booking further in advance and the stays tend to be longer than at other Vail condo properties. She commented that the winter outlook is looking good.

Ms. Daniels reported that the Guest Book Rewards program brought in $690k in direct bookings during the '22-'23 Fiscal year vs $330K in website direct bookings the previous year. Also, soon guests will be able to opt in and purchase cancellation protection.

Ms. Daniels announced she expects all short-term rental owner participants to receive 5.5% rebate from the FY2023 net surplus in the fall. She reviewed the benefits of Short-Term Rental program and how the VRC handles all aspects of rentals.

Club Committee –
Ms. Salinsky, Club Committee Chairman reported that the Club Operation is running well and any extra funds will be transferred into the HOA Capital Reserve fund. Currently there are 379 outside members in addition to the 311 owner memberships. She reminded homeowners to please make sure they have a Club membership card, if one is needed the front desk team can help.

Ms. Salinsky reviewed the VRC homeowner Club Membership which includes the direct family bloodline (i.e. parents, grandparents, children and grandchildren). Owners also receive an annual Owner Appreciation Booklet which contains 10 free guest passes and can purchase a 10-punch club pass for $200.

Ms. Salinsky reviewed the Club hours are currently 6am – 9pm, with the hot tubs and pool closing at 8:30 pm. The fitness class are posted online, this year there is a plethora of morning and evening Yoga and Pilates classes. Master's swim continues to meet at 6:30 am with national and state ranked swimmers participating in this program along with fitness swimmers.

Ms. Salinsky said they are hoping to convert the current yoga room to a cardio room, which will allow yoga and/or Pilates classes to practice in either the Elk room or the back deck area.

Ms. Salinsky noted all the club fitness equipment has been serviced. She also reviewed the capital improvements included a new ski machine, more dumbbells and an additional rack, bumper plates for the squat rack, new pool lounge furniture, and lobby area upgrades including new art and chairs. She said the renovated adult hot tubs have been a beautiful addition.

Ms. Salinsky commented on how active the tennis and pickle ball courts have been this summer with clinics and private lessons. Greg Wanner, the Tennis Pro, again hosted the Nike Tennis Camp four weeks this summer, with all sessions sold out.

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Ms. Salinsky reminded owners to look for the monthly Old Muddy Gazette updates and more information on owner monthly activities. She concluded that the Club Committee is continuing to evaluate what is important to owners and guests and looking keep the VRC competitive and drive property values.

Finance Committee –
Mr. Grotke, Finance Committee Chairperson, reported that the committee has an annual duty and fiduciary responsibility and reviews the annual budget for the HOA, Club, Rental Operation and Garden Level Rentals. The committee makes a recommendation to the entire Board for approval of the Budget and continues to assist management with monthly reviews. The committee also oversees a 10-year capital plan, which at times needs adjustments on timing, and example being the Club building re-roof project which has been accelerated in the schedule.

Mr. Grotke said the VRC fiscal year is June 1st – May 31st and he expects to have finalized year-end financials in mid-September. He noted that labor costs continue to increase in the mountain region, making it difficult to attract and retain hourly employees, but that the VRC has been fortunate to have good managers in key leadership positions.

Mr. Grotke reported that while there was 10% increase in assessments this year, the average increase in dues over the last 10 years is 3%. He reminded owners that 24% of assessments go to fund the Capital Reserve account. HOA dues have been increasing at a faster rate at neighboring properties than at the VRC. The Board will be paying close attention to property insurance this year, and it is likely there will be an increase in cost. Mr. Grotke added that Ms. Rediker and Mr. Chamberlain have a lot of experience with HOA Management in two local counties (Eagle & Summit) and are getting bids from 3 different insurance brokers to be sure we are well insured at a competitive price.

Board of Director Candidates:
Ms. Rediker introduced the Board of Director candidates:

1. James Coope
2. Peter Koclanes
3. Kevin Salsich
4. Kathy Summers

She asked for any nominations from the floor and there were none. Each candidate introduced themselves and was given 3 minutes to address the audience.

Unfinished Business:
There was no unfinished business.

New Business:
Ms. Rediker opened the floor to the homeowners for questions and comments.

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Approval of the Actions of the Board of Directors:
The vote to approve the actions of the Board of Directors was taken via an online poll and passed unanimously.

Vote for Board of Directors (3 seats):
Ms. Rediker explained that each owner who attended the meeting will receive an email with instructions and a ballot to vote for 3 open seats on the Board of Directors. She noted that voting will be open until midnight.

Adjournment:
The VRC Annual Homeowner Meeting was adjourned at 4:25PM.

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Vail Racquet Club

The Old Muddy Gazette

Back to School!

September 2023

VRC Class Update

September

Masters Swim

Monday's—Wednesday's– Friday's
@ 6:30am (Katie & Jim)

Yoga

Monday & Wednesday's @ 9:00 am (Shayne)
Wednesday's & Sunday's
@ 5:30pm (Joey)
Thursday's @ 8:00 am (Jasmine)

Please check the schedule online at Vailraquetclub.com

Or call the Front Desk @ (970)476-4840 ext. 0

YAPPY HOUR

A VRC Owner Event

Join us at APRES CAFE Monday, September 18th from 3:30 to 5:00 PM

Meet your neighbors and their fur babies at this VRC owners event. Free treats for the pups & one complimentary adult beverage for humans.

RSVP to craig@vrcmr.com

TENNIS & PICKLEBALL

PRIVATE & GROUP LESSONS ARE STILL AVAILABLE THROUGH SEPTEMBER!

Call 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

Tiny Facet Joints: Keys to the Locked Back

Vail Racquet Club

Episodes of back pain and stiffness are common and often begin in young adulthood. Some, but by no means all, presage a lifetime of back trouble. The saga of President John F. Kennedy's chronic back pain began during his college years at Harvard, entailed several failed surgical procedures during his early political career, and, according to some armchair medical detectives, may have contributed to his death in Dallas in 1963, when the rigid back brace which he wore kept him in an upright position after the first shot hit him, positioning him for the lethal head shot. Medical sleuths have also combed his medical records in an attempt to understand the origin of the back pain which became his everyday companion in his post college years. As with many back pain sufferers, the beginnings of JFK's pain complaints had no clear relationship to a single injury, and were not accompanied by visible X-ray abnormalities. So what is the mechanism of this type of pain? What does it mean when someone's back "locks up," for days at a time, both in the moment and as an indicator of future problems?

Episodes of stiffness and back pain in the lumbar region are almost always related to the moving parts of the spine, of which there are two types – the cushioning discs between the vertebral bodies, and the facet joints of the bony arches that emerge from the back of the vertebral bone and surround the spinal cord and nerve roots. Facet joints are the pairs of bony surfaces that match one vertebral body's arch with the ones above and below it in the column of spinal bones. The surfaces of these tiny joints are covered with cartilage and bathed in synovial fluid, just like large joints. Each facet joints is wrapped in connective tissue which stretches to allow movement. The construction of the facet joint allows a lot of forward flexion, a small amount of backward extension, and protects against too much rotation, which might cause disc movement.

Very often, low back stiffness begins after a night in bed, on the day after an unusually lengthy activity involving bending, lifting, running, biking, or even walking. Imagine a bit of swelling and inflammation in the connective tissue surrounding a facet joint, causing irritation of its rich supply of tiny nerves. The mission of these nerves is protective, to shriek warnings when you pull a joint too far out of line. When they are bathed in inflammatory cytokines after a bout of overstretching, they speak with varying degrees of urgency to stop you from moving those joints any more until the healing processes have time to clean up the damage. They engage reflexive muscle contraction to do the work of preventing motion, giving you the sense that the back has locked itself into one position. When this happens you suddenly appreciate how much flexibility your low back has under normal circumstances.

A good history and physical examination are usually sufficient to pin blame on the facet joints. Pain is generally confined to the mid and low back, but can radiate more widely because pain signals spread out along neighboring pathways. It is worse in the morning or after prolonged sitting, and can be worsened by some motions like twisting or bending backwards. Bending forward often improves the symptoms. Muscles are palpably tense and sometimes tender. If there are no physical signs of pressure on spinal nerves, and if there is no history of a fall or blow, imaging studies are not necessary unless conservative treatments over the next few weeks fail. At times, particularly if the pain is one-sided, injection of the suspected problem joint with an anesthetic helps pinpoint the diagnosis by temporarily relieving the pain.

Ice application is often helpful early on, but over the course of the next few days heat packs may be better since they increase blood flow and help healing. Anti-inflammatory drugs can ease the pain. Gentle aerobic activity counteracts the tendency of the back to stiffen more with prolonged sitting or lying. In most cases, the pain will run its course in a week to 10 days. A good physical therapist can help with massage or ultrasound treatments, passive stretching and exercise recommendations.

While most episodes of the back "locking up" are self-limited and not accompanied by structural problems such as disc herniations or bony overgrowth, the pain is an early warning system indicating that the back is being asked to perform under some strain it can not tolerate. Beyond the acute phase, a physical therapist can help interpret the message the painful episode was delivering. What set you up for the painful response? The facet joints seldom get irritated in childhood unless there is an underlying orthopedic anomaly or asymmetry. But by the time of young adulthood, chronic postural problems may be blooming. Most shoes are guilty of tipping the upright body forward because most shoes, even ergonomic running shoes, have heel elevations of at least an inch. Hamstring muscles become tighter and abdominal muscles weaker. Excess body weight and too much sitting hunched over a keyboard may be taking a toll. Overworked facet joints may not complain much until they are subjected to an unusual amount of activity, but when they do it is time to try to relieve them of daily irritants and extra work to avoid recurrence of the painful bout and degeneration of the bony structures.

JFK's back history is instructive because, while he began with back pain episodes of a somewhat vague nature and had normal bone structure, he suffered through three failed back surgeries, a terrible postoperative wound infection, and hundreds of injections of anesthetics into his back joints. Eventually he got to a conservative physical therapy approach (the White House swimming pool is its legacy), and for a time was more comfortable. Had this been the earliest line of therapy perhaps he might not have been wearing that rigid back brace in Dallas.

Elizabeth A. Reid, MD