



October 6, 2023

Dear Homeowner,

We've had gorgeous fall weather here in East Vail, with leaves peaking as we write this letter (for regular image updates, follow us on Instagram @vailracquetclub). The cooler temperatures remind us that now is the time to prepare for the colder months ahead. Please remember the following important steps that should be taken to ensure that your unit and others in your building are properly protected.

Winter Reminders:

❖ **Remember to turn on your heat**

- End units in the condominium buildings and all townhome units should have their thermostats set to at least 60° F to prevent frozen pipes. Condo units not located on end walls should be safe with thermostats set to at least 50°F. This is an important task that cannot be ignored – if you are out of town and unable to turn your heat on, please contact me directly at krediker@vrcmr.com and we will arrange to perform this service for you.

❖ **Electric baseboard heat**

- When your electric heat is first turned on it is normal to encounter a brief period with a singed odor. This is caused by dust that has accumulated on the heating element over the past several months. However, if the burning odor persists or you observe any sparks or other unusual conditions, turn the unit off immediately and have it inspected by a HVAC professional. Remember to always keep combustible items (furniture, firewood, pillows, draperies, rugs, etc.) a safe distance from baseboard panels.

❖ **Natural gas boilers**

- Owners in Buildings 9 & 10 should have their gas heating system inspected periodically by a licensed mechanical contractor. The original systems are now over 40 years old and are at a higher risk of failing and leaking. If your system is original, consider replacing it, or at a minimum be sure to complete an annual inspection.

❖ **Avoid common water events**

- The Association has responded to many water events this past year, from leaking water heaters to washing machine hose malfunctions. Unfortunately, it is the units underneath that suffer the most damage as these owners fall victim to circumstances beyond their control. Please be a responsible neighbor and inspect your water heater for any sign of corrosion or leaks. The expected life span for water heaters is 10 – 15 years, and for washing machine hoses about 10 years. Please be proactive in your unit maintenance plan, and if items in your unit are this age or older, plan to replace them as soon as possible.

❖ **Insurance Guidelines – HO6 policy**

- To fully protect your property, the Association's Insurance Guidelines recommend that owners carry an HO6 insurance policy. You should speak with your personal agent about your coverage, and make sure that it includes loss of use, relocation expense coverage, loss of rental income (if applicable), and loss assessment coverage (which covers the difference between your personal deductible and the Association's deductible allocated to the owner). A copy of the Association's Insurance Guidelines is included with this letter and may be provided to your agent.





October Homeowner Event

Please join us for the October homeowner event Yoga & Wine with our own yoga instructor/sommelier Shayne Kubby. The event will be held in the yoga room on Tuesday, October 24th from 4:30 – 6:00 pm. Shayne will guide the group in gentle yoga and then will lead a fun & interesting wine tasting.

Après Café Update

Après Café had a great summer, hosting a handful of successful events including a large group from the Colorado High School Athletic Association and a homeowner wedding reception. The last day of service for the summer season will be Sunday, October 22nd, and they will reopen on Friday, December 1st. Hours of operation for the restaurant for the winter season will be Thursday – Monday from 3 – 9 pm, with the bar open until 10 pm. Après Café will be closed on Tuesdays & Wednesdays this winter. The owners of Après Café are very grateful for the tremendous support from Vail Racquet Club homeowners!

Mark your calendars! Rental Meeting November 9, 2023

Do you participate in the VRC Short-Term Rental Program? Have you thought about joining, or just want to learn more? We are holding an informational meeting about the Short-Term Rental Program via Zoom on Thursday, November 9th at 4pm. This meeting will include a summer revenue recap and winter outlook, updates on customer service and marketing efforts, Lodging Quality Assurance requirements and unit upgrade standards, and a review of exciting changes to our operations and owner experience. Please RSVP to lindsay@VRCMR.com by Noon MST on Thursday, November 9th to receive the Zoom link. We look forward to seeing you!

Homeowner Survey

Thank you to the 219 people who completed the Annual Homeowner Survey, this is the most participation since the survey's inception! The VRC Board of Directors sincerely appreciates your feedback and insights. Congratulations to E. Thompson, the winner of the \$100 Mountain Shoppe Gift Certificate. Just a reminder that VRC now owners *always* receive a 10% discount on regular priced items in The Mountain Shoppe, and our new fall/winter inventory has arrived. Please mention you are a VRC homeowner in order to receive this discount.

Sincerely,

A handwritten signature in black ink that reads "Kim Rediker".

Kim Rediker
General Manager
(Direct) 970-476-4233
krediker@vrcmr.com





Vail Racquet Club

The Old Muddy Gazette

Welcome to Fall!

October 2023



VRC Classes

October

*New Pilates Mat classes
have begun*

Pilates Mat (Patti)

Monday's @ 8:00 am

Thursday's @ 9:00 am

Pilates Mat (Rife)

Tuesday's 9:00 am

Friday's 9:00 am

Yoga (Joey)

Wednesday's @ 5:30 pm

Sunday's @ 5:30 pm

Yoga (Jasmine)

Thursday's @ 8:00 am

Yoga (Shayne)

Monday's @ 9:00 am

Wednesday's & 9:00 am

Masters Swim (Katie & Jim)

Monday's @ 6:30 am

Wednesday's @ 6:30 am

Friday's @ 6:30 am

**WINTER SPORTS CONDITIONING
WITH KINNA BEGINS IN NOVEMBER!**

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

A VRC Owner Event

Yoga & Wine

Tuesday October 24th

4:30 pm—6:00pm

Meet your neighbors at this VRC
owners event for an evening of
wine tasting and yoga!

RSVP to craig@vrcmr.com



October Fall Hours

Thurs/Fri/Mon: 3pm—9pm

Sat/Sun: 1pm—9pm

We will be closing on

October 22nd &

reopening December 1st!

(970)688-5437 or

hello@aprescafevail.com



Elusive Sleep: Chronic Insomnia

A restful night's sleep eludes everyone at least occasionally. Most often, thankfully, the unpleasant experiences of failing to fall asleep easily or to remain asleep for the duration of the night are side effects of illness, worry or excitement, and the problems disappear when normal life returns. If insomnia becomes chronic, occurring on three or more days a week for more than three months, it is a problem that needs to be addressed. Chronic insomnia's repercussions are the same as those of sleep deprivation - daytime sleepiness, lack of energy and drive, poor concentration and memory, fatigue and mood disturbances, as well as long-term adverse effects on the immune system, blood pressure, carbohydrate metabolism, and heart and brain function. But insomnia differs from sleep deprivation in one crucial way. Sleep deprived people *can* sleep when given the opportunity. Insomniacs fail to fall asleep or to stay asleep.

A diagnosis of insomnia begins with the perception of poor sleep. But this perception is not always reliable. Sometimes the brain has slept even though its owner swears it has not. I can attest to this personally. For learning purposes, I once had an electroencephalogram (brain wave recording) during my residency. I had been up the entire night before and looked forward to having a printout of my own sleep waves, which are far more complex and interesting than waking brain waves. During the test I was disappointed to find that I could not fall asleep. But when the wires were removed and I looked at the recording I was stunned to see that I had fallen asleep almost instantly and stayed asleep throughout the test.

So how do we judge the adequacy of sleep in people who report that they do not sleep well, or in some cases swear that they never sleep at all? First, persistent failure to sleep causes significant daytime sleepiness, most evident when movement is unnecessary, most dangerous when driving. If daytime sleepiness is not a problem, night time sleep is usually adequate, despite the sensation of being awake. In doubtful cases, brain activity monitored during sleep, either in a sleep lab or in a home study, will answer the question. People who feel like they never fall asleep are, in all likelihood getting some sleep, though perhaps not enough. A rare familial disease and some lab experiments on rats have provided an answer to the question of what happens if sleep does not occur at all. In familial fatal insomnia, a very rare brain disease that surfaces in midlife, complete lack of sleep results in a steep decline of mental and physical health, with death in a few months caused by overwhelming infection with the body's own bacteria. Ditto for rats forcibly kept awake.

The restorative properties of good sound sleep are so beneficial to overall health that, even for intermittent insomnia, searching out potential causes and trying to remedy them is worthwhile. Occasionally insomnia is a symptom of underlying physical problems like sleep apnea, Parkinson's disease and painful joints. Many common medications, both prescription and over the counter varieties, disrupt sleep. The list includes allergy and cold remedies, blood pressure and heart pills, some antidepressants, asthma medications and steroids and many others. Is your entire arsenal of pills necessary? Can some of them be eliminated or changed? Caffeine, not just in coffee, but hidden in other drinks and chocolate, competes for the receptors in the brain that capture adenosine, a sleep promoting chemical that builds up in the brain over the course of the day. Alcohol reliably disrupts dream sleep and lightens deep sleep. Large meals within 3-4 hours of bedtime subtly intrude because of heartburn and vague abdominal discomfort.

Life also intrudes on sleep, hitting from both outside and inside the body. Worry and chronic anxiety are the most common disruptors, revving up the body's sympathetic nervous system to maximize alertness, heart rate and body temperature. At the same time, ruminative thinking churns the mind, forbidding it to settle down. These internal factors get compounded by externals like electronics, overly warm rooms, and no bedtime routine aimed at quieting the mind.

What can be done about insomnia? Sleeping pills do not produce normal sleep but simply sedate the higher levels of brain function. They do not solve the problem and often create others, such as abnormal behavior during sleep, morning hangovers and worse sleep problems over time. Melatonin is a popular "sleep aid" for travelers across multiple time zones, but it is not a sleeping pill. It is the synthetic version of the normal hormone produced by the brain's timekeeping mechanisms, and it signals the body to begin the metabolic changes like temperature drop that help induce sleep.

Insomnia responds to habit changes and environment tweaking. The most important concept is commitment to a regular schedule of sleep - in bed for eight hours starting the same time each night. A dark, quiet room without a TV, with a source of fresh air, a temperature below 70 degrees, and cool bedding are very helpful (synthetic bedding fabrics, memory foam pillows and mattress toppers are notorious heat trappers). A warm bath helps the body cool rapidly afterwards. For calming the mind, a regular, quiet routine before sleep helps, in dim or no light, without electronics or news of the world intruding. Cognitive behavioral therapy or other professional counseling about anxiety can be very helpful.

Daytime routines also help bolster the body's normal circadian rhythms that underlie sleep and wakefulness. Get at least half an hour of exposure to bright morning light. Add some regular form of aerobic physical activity, preferably outside. Avoid nicotine, recreational drugs and alcohol. Limit caffeine to the morning hours and avoid napping as much as possible, especially after 3PM. Lower the lights in the house in the evening. And learn some meditative methods of shutting down the mind's chatter.

What to do if you wind up staring at the ceiling for more than 10-20 minutes? Break the association between the bed and sleeplessness. Get up, keep lights low and occupy your mind with something quiet and unexciting for a short time. Maybe poetry? Then go back to bed and try again to find what poets refer to as the drowsy gate to the fields of sleep.

Elizabeth A. Reid, MD