Power Picks

Race Date	10/30-31/26
Edition #	Vol. 6, No. 44

October 30, 2026
Racetrack: Keeneland
Race-Day Overview

Welcome to the 2026 Breeders' Cup!! The best weekend in thoroughbred racing is here! There are 14 Championship Races on the line, with five races today and nine races tomorrow. Today's Breeders' Cup races are touted as "Future Stars Friday", with all five races for 2yo's. Traditionally, the Friday races are a combination of races filled with big favorites and difficult handicapping puzzles, and today is no different. The day kicks off with the $1mil. Juvenile Turf Sprint, Race 6.

The Juvenile Turf Sprint is highly competitive, with tons of early speed. Strangely enough 9 of the 12 runners are Europeans. However, the Americans do stand a chance with good NY form. The Juvenile Fillies has two horses that will be heavily bet in the market. I don't think either HAVE to win, as this race has a history of producing longer prices. The Juvenile Fillies Turf is an EXCELLENT rendition, with a VERY highly-anticipated horse to run from the O'Brien stable. The Juvenile has another big favorite for Baffert, but he's faced weak competition in California, and Baffert lost with a big fave in this race a few years ago (Cave Rock). Finally, the day ends with the Juvenile Turf. It's a wide open race with many talented Euros drawn poorly plus a USA runner who's been very impressive at Kentucky Downs.

In addition, there are five races preceding the start of the BC races (R1 - 5). Those races will NOT be covered on this Tip Sheet, but check out our YouTube Channel for a video preview of the Early Pick 5 today (Friday)! And of course, there are MANY different betting options. We wish you the best of luck at the 2026 Breeders' Cup! CRUSH YOUR BETS!!

Today's Tip Sheet: This is a modified, shortened version of our Breeders' Cup Package Power Picks and will be larger / have different information than our normal Saturday tip sheet. It covers races for today (Friday) and Saturday, good luck!!

Today's Picks

*** For those of you not familiar with the "ABC'' method of betting, go to our website,* ***hhhracingpodcast.com****, and click on the "Power Picks" tab on the top of the page for more information on how to read an "ABC" Grid and place bets using the "ABC" Method.*

Power Picks

Racetrack: Keeneland

Howard Kravets' Late Pick 5 ABC Grid; R7 starts at 3:23pm EDT

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
6	1,3,4,8	5,9,10	-	1,3,4,5,8,9,10	$0.50 P5	$105
7	2,5	3,8,10	6,11	2,3,5,8,10	-	-
8	9,10	-	1,3,6,12	10	-	-
9	5	3,7	6	3,5	-	-
10	4,5,10	14	3	4,5,10	-	-

Pete Visco's All-Graded Stakes Pick 5 ABC Grid

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
6	3,4,10	2,9	5,8,11	1,3,4,10	$0.50 P5	$144
7	2,5,10	3,8	4,7	2,5,10	-	-
8	1,9,10	3,12	6	1,9,10,12	-	-
9	3,5	6,7	-	3,5	-	-
10	5,10	4,12,13	2,11	4,5,10	-	-

Paul Halloran's All-Graded Stakes Pick 5 ABC Grid

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
6	3,4	5,8	1,9,11	3,4,5,8	$.50 P5	$96
7	5,10	3,7	2,4,8	5,10	-	-
8	9,10	1,12	8	9,10	-	-
9	5,6	3,7	-	5,6,7	-	-
10	4,10,14	2	5,11,12	2,4,10,14	-	-

Best Bets

(Best VALUE, NOT necessarily most-likely winner of the day)

Name	Race	Horse
Howard	**Juvenile Fillies Turf**	**10 - Amusingly**
Paul	**Juvenile Turf**	**10 - Folsom Blues**
Pete	**Juvenile Turf**	**5 - How's Al Today**
Kyle	**Juvenile Turf**	**4 - Haffner**
Andrew	**Juvenile Fillies**	**10- Emphatic**
Charlie	**Juvenile**	**7 - Coach Pope**
Noah	**Juvenile Fillies Turf**	**10 - Amusingly**

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Mike	Juvenile	6 - American History
Jackson	Juvenile Turf Sprint	10 - Harper's Corner
John	Juvenile	3 - Salahudin
Skip	Juvenile Fillies Turf	10 - Amusingly
Ben	Juvenile Fillies	11 - Voyager

Top Longshots (Min. 8-1+ Morning Line)

Name	Race	Horse
Howard	Juvenile Turf	4 - Haffner
Paul	Juvenile Turf Sprint	5 - Mussab
Pete	Juvenile Fillies Turf	1 - Green Empress
Kyle	Juvenile Turf	4 - Haffner
Andrew	Juvenile Turf	2- Avec Toi
Charlie	Juvenile Fillies Turf	3 - Curracloe
Noah	Juvenile Fillies	3 - Foxiest
Mike	Juvenile Fillies Turf	12- Domestic Agenda
Jackson	Juvenile Turf Sprint	10 - Harper's Corner
John	Juvenile Turf	3- Florida Bay
Skip	Juvenile Fillies Turf	5 - Vanta
Ben	Juvenile Fillies Turf	12 - Domestic Agenda

Howard's Late Pick 5 Analysis

First of all, I would highly recommend you check out our fantastic Future Stars Friday preview on our YT Channel with myself, Pete and Paul.

I usually don't look forward to this day for the BC as much as others, because 2yo's can change so much and getting a read on some of them is a guessing game. But today is OUTSTANDING with great talent abound. The first two legs (R6 and 7) are VERY difficult to me and you'd have to spread. I'm not completely sold on the two favorites in the Juvenile Fillies at all. I would then go more skinny in the next two, as Hughes and Sun Goddess / Amusingly could be tough. Finally, I'd spread more in the Juvenile Turf to end the Pick 5. Good luck in a tough but fun sequence.

Power Picks

Matt Miller's "SMASH OF THE DAY"

You are already deep into your BC planning. Whether you are playing in the BCBC or for more traditional cash, it's likely that you have formed some opinions and that you have already listened to a fair number of experts give their thoughts (especially those in this Tip Sheet). For the reasons you have heard many times from others, my confidence level on Friday doesn't match my confidence level on Saturday. I haven't had the success with two year olds that I have had with older horses. I don't plan on the size of Friday's "SMASH OF THE DAY" bets to be as large as Saturday's, but this play will absolutely be Friday's largest.

All one needs to do is tune into this year's installment of Paul Halloran's pre-Breeders' Cup discussion with Aidan O'Brien to know exactly where I'm heading. I heard one of the greatest trainers of all time use almost identical words and express almost identical sentiments when describing Lake Victoria in 2024 and **#9 Sun Goddess**. We all see what Lake Victoria did winning in explosive fashion. I'm expecting the same from Sun Goddess. I'm not going to waste your time with a detailed recap of her record, training, etc. (especially because others do a better job of that than I do)….. but it all seems to point to a standout winner.

The price will be a bit short (even money is my guess). I nonetheless won't hesitate to play this horse as a single both in daily doubles running into her and out of her. There should be plenty of value in those pools relative to the win pool. I don't have strong underneath opinions for the exacta or trifecta. My *cash* bankroll on the day will likely be allocated 75% to these daily doubles. In the *BCBC*, I don't plan to do more than the three required minimum bets on Friday. Sun Goddess will be at the dead center of two of them (doubles as described above). (Note for full transparency - it's possible that if I get alive to a decent amount in the BCBC that I'll opt to push harder and truly make this one of my big plays on the weekend.)

BREEDERS' CUP CHAMPIONSHIP SATURDAY

Howard's ABC Grid

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
4	2,11	6	4,9,12	2,11	-	-
5	7	3,6,12	1,2,10,11	6,7,12	$1 Turf P4 (Race 5,7,9,11)	$144
6	1,5,7	4	3,9,10	1,4,5,7	-	-
7	11,12	5,8	1,3	5,8,11,12	-	-
8	11,13	-	3,7	11,13	$0.50 P5	$72 for $1
9	1,2,8	9	-	1,2,8,9	-	-
10	4	2	6,8	4	-	-
11	2,12	13	7,9	2,12,13	-	-
12	2	5,6	3,7	2,5,6	-	-

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Paul's ABC Grid

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
4	2,11	-	4,12	2,11	-	-
5	6,7	3	10,11	6,7	$.50 Turf P4 (Race 5,7,9,11)	$60
6	1,7	3	2	1,7	-	-
7	11,12	1,4,5	3,14	1,4,5,11,12	-	-
8	13	11	4,7	13	$1 P5	$96
9	8,14	2,12	1,9	2,8,12,14	-	-
10	2,4		6	2,4	-	-
11	2,12	10,13	1,7,11	2,12,13	-	-
12	2,7	5,6	3,4	2,5,6,7	-	-

Pete's ABC Grid

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
4	2,12	4,11	6,7,8	2,11,12	-	-
5	3,6,7	10,11,12	4,8	3,6,7	$0.50 P5	$90
6	1,4	2,5,7	3,9,10	1,4	-	-
7	1,11,12	5,13	3,4,7	1,5,11,12,13	-	-
8	13	7,11	3,4	11,13	$0.50 P5	$108
9	2,8	1,9,12	5,14	1,2,8	-	-
10	2,4	3	1,6	2,4	-	-
11	2,12,13	3,10	6,7,11	2,3,6,10,12,13	-	-
12	2,5	3,7	4,6	2,3,5	-	-

Best Bet: *(Best VALUE, NOT necessarily most-likely winner of the day)*

Name	Race	Horse
Howard	**Turf Mile**	**2 - Lake Forest**
Paul	**Turf**	**2 - Benvenuto Cellini**
Pete	**Turf Mile**	**2 - Lake Forest**
Kyle	**F & M Turf**	**11 - Precise**
Andrew	**Distaff**	**4- Fully Subscribed**
Charlie	**Turf Mile**	**2 - Lake Forest**
Noah	**F & M Sprint**	**4 - R Disaster**
Mike	**Turf Mile**	**2-Lake Forest**
Jackson	**Turf sprint**	**Yellow Card**
John	**Turf**	**2-Benvenuto Cellini**
Skip	**F & M Turf**	**12 - Blue Bolt**
Ben	**F & M Turf**	**1 - Gimme a Nother (SAF)**

Power Picks

Top Longshots (Min. 8-1+ Morning Line)

Name	Race	Horse
Howard	Filly & Mare Turf	8 - Jancis
Paul	Mile	14 - Puerto Rico
Pete	Filly & Mare Sprint	12 - Kilwin
Kyle	Dirt Mile	10 - Owen Almighty
Andrew	Classic	4- The Puma
Charlie	Dirt Mile	10 - Owen Almighty
Noah	F & M Turf	8 - Jancis
Mike	Filly & Mare Sprint	12 - Kilwin
Jackson	Sprint	5 - Listenupshance
John	Filly & Mare Sprint	12 - Kilwin
Skip	Filly & Mare Sprint	7 - Evanescence
Ben	Filly & Mare Sprint	8 - Kerry's Kiss

Howard's Late Pick 5 Analysis

The BC Saturday Late Pick 5 is always one of the best bets in which I look forward to every year. And this year, it's even more difficult than normal. There are plenty of favorites to lean on, but do you trust them? I'd spread in the F & M Turf, and use more than most would in the Mile. I was planning on singling Fully Subscribed, but with Splendora out, I have to use Nitrogren now too, although using both is not the best idea from a value standpoint. Then there's the Turf. I was hoping to go light here, but there are a few Euros that could win, and I'll have to use many of them. I would recommend you take a stand in the Classic, but with whom. There are several that could win, so I would understand if people want to spread there too….what a sequence!!

Matt Miller's "SMASH OF THE DAY"

#13 Englishman, Race 8, the Sprint. I don't want to waste one second of your time before getting to the point. This is the horse that I perceive to be the most likely winner of the weekend, and I'm going to bet him that way. Like yesterday, I think any attempt on my part to point to key statistics, speed figures, etc. is more likely to be a bad use of your time rather than instructive. This horse has been and seems to still be an absolute monster. My main concerns about losing relate to ever-present risks such as being pinched or held at the start or other unpredictable circumstances that aren't a direct reflection of the horse's abilities.

As is often the case with short-priced top selections, I think the real trick here lies in how to bet the race. I'm guessing that we'll see win pool odds of 3/5 or so - perhaps helped a bit by what some might perceive as a tough

post position (not how I see it). Given that most bettors don't have much appetite for betting huge amounts of money at this price unless there are very unique circumstances afoot (such as a BCBC player who needs a bit more bankroll to have what is perceived as needed for a final play), we need to look beyond the win pool.

Honestly, I don't yet know if I'm playing Englishman in a daily double or the exacta. That will come down to my confidence level in the two races surrounding the Sprint and the probable payouts. At the moment, I'm not feeling much confidence in either surrounding race, but a key scratch or defection could change that opinion in a heartbeat. No games here - it's truly undecided for me right now. I genuinely wish I could identify a CO-SMASH to help out with either daily double, but at least for now I can't.

If I stay away from the daily double, I will likely play the exacta. The presence of **#11 T O Elvis** presents a conundrum for exacta players. The 13-11 combination will likely be VERY favored. I think exacta players will be forced to either "skinny up" if they want to include T O Elvis in their bets (not necessarily a single, but weighted heavily towards T O Elvis), or they can go on what will feel like a shopping spree with longshot exactas on sale by fading T O Elvis entirely. I suppose there is a decent third option using the trifecta to play T O Elvis in second and/or third with a small cluster of horses one likes (not usually my style - too much potential for me to get emotionally upset by having the winner and missing on my bets). The direction you choose should be a function of your opinion on T O Elvis and those other horses and whether the corresponding prices feel favorable.

From a bankroll perspective, my *BCBC* tournament strategy is clear. Every single BCBC dollar I have will run through Englishman via daily doubles or exactas unless unexpected scratches or changes lead to unacceptably low prices. I will be looking to make a major tourney move here. From a *cash* perspective, I would allocate half of my Saturday bankroll to this race with the other half on the Classic - in part for the entertainment value in waiting for "the big race" and in part because I believe there to be strong betting value in that race. PLEASE don't get too selfish here in the Sprint. I'm going to be reasonable in my expectations for returns. Betting aggressively, I'd be delighted to multiply my BCBC or day's cash bankroll by 3x or 4x in this race.

Coast-to-Coast (CTC) Pick 5 Preview

Sponsored by Santa Anita / 1st Racing



Welcome back to our coverage of the $1 base Coast-to-Coast bet, sponsored by Santa Anita. When SA is running, we'll give you opinions of the SUNDAY bet.

Power Picks

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
GP10	2,4	6	1	2,4,6	$1	$144
SA5	1,5	2,6,9	-	1,5		
GP11	2,3,4,6	5,7	-	2,3,4,6		
SA6	3,5,6	7	-	3,5,6		
SA8	4,9	2,10,11	-	4,9		

Good luck with all of your wagers….CRUSH YOUR BETS!!!