

Power Picks

Race Date	3/7/26
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Race-Day Overview

The big Derby Preps / amazing cards just continue today as we're officially less than two months away for the Run for the Roses on the first Saturday in May. We'll cover Tampa Bay Downs and their highlight of the year, the Tampa Bay Derby Day card, plus one of the premier days on the West Coast, Big Cap Day at Santa Anita, which includes the San Felipe with the return of Brant for Baffert.

Both Late P5's at each track have several stake races within their sequence....and the Tampa Bay Derby on paper is probably one of the better renditions they've had in a while. CHECK FOR SCRATCHES AND CHANGES!!!

***Unrelated side-note....due to the unrest / conflict in the Middle East involving the U.S. and Israel, the Dubai World Cup card is in jeopardy of being conducted. It's scheduled for the end of this month.*

Spot / Price Plays (National Avg. ROI is \$1.60):

Overall ROI (since Feb. 2021): **\$2.04** (\$2,118.74 / 1039)

2026: **\$2.02** (\$92.90 / 46)

2026 Plays of the Day: **\$2.14** (\$27.80 / 13)

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: Tampa Bay Downs

Howard Kravets' Late P5 ABC Grid - R7 starts at 3:27pm EDT

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
7	3,5	2,8	1	2,3,5,8	\$0.50 LP5	\$72
8	2	1,9	3	2,9	-	-
9	1	2,4,7	6,8	1	-	-
10	5	3,6,7,9,11	2	3,5,6,7,9,11	-	-
11	5,6,9	-	2	5,6,9	-	-

Paul Halloran's Late P5 ABC Grid:

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
7	2,5	1,3	8	2,3,5	\$1 LP5	\$108
8	2		8,9,10	2	-	-
9	1,2	6	4,8	1,2,4,6	-	-
10	5,7	9	11	5,7,9	-	-
11	5,9	6	8	5,6,9	-	-

Pete Visco's Late P5 ABC Grid:

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
7	3,5,8	1,2	4,7	3,5,8	\$0.50 LP5	\$90
8	2	1,8,10	7,9	2	-	-
9	1,4,8	2,6	3,7	1,4,8	-	-
10	5,9,11	3,7	2	3,5,7,9,11	-	-
11	5,8,9	6	4	5,6,8,9	-	-

Howard's Late P5 Analysis - Races 7-11

First, be aware...the last race on the card, R12, is NOT part of the Late P5. It ends with the TB Derby (good job by the racing office). With 4 stakes (3 graded) in the sequence and large fields, this is definitely a worthwhile play....plus many of the big-name jockeys are in town. As you can see by my grid, I'm taking stands in several races, especially R8-10. Lone "A's" indicate a strong preference, but there are plenty of "B's" in those races also, which means if my top horse doesn't win, it could be several different ones. Make sure you look at the probable double Will Pays from R7 to R8 to have a better clue on the firsters in R8, although I assume Chad Brown's #2 will be the favorite. I really like #1 Whiskey Decision in R9, but the key my day might be #5 Dandona in R10, the Fla. Oaks. If she doesn't win, it could be almost anyone there. It ends in the TB Derby, and frankly I don't have a very strong opinion, which is odd for me in the feature race of the day. I suppose #9 Canaletto will be tough, but he's got the outside post, supposedly isn't training 100% lately, and faces a very good group for TB Derby standards...plus will be a low price.

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Price/Spot Play(s)

(Reminder, "stars" are rated from 1 – 5, with 5 being the most confident of plays)

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
7	3	Congressional	4-1	2	\$15 WP #3

Notes:

The Columbia S. for 3yo boys is a wide-open affair. While there are some in here with stakes earnings / experience, I just don't see any monsters. So I'll go with the red-hot Miguel Clement (on fire at Tampa) with his maiden-breaker, **#3 Congressional**. Caution...I would NOT take a low price on him. I thought his debut, albeit with a good trip, was pretty damn impressive. He had tactical speed, rated behind a speed duel, and just got up at the wire. It took him a while to straighten out in the lane, but should be less "green" today. Once again, he should receive a good trip, it's just a question of improving while facing tougher and timing it right. The maiden field he beat was solid. We'll have to pay the "Prat" tax, but that also means with the lower price comes a likely good trip and ride. Soft Spot Play today.

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
9	1	Whiskey Decision	2-1	5	\$30 Win #1 BIG Exactas: 1 / 2,4,7 Smaller Exactas: 2,4,7 / 1

Notes:

THIS IS MY PLAY OF THE DAY AT TAMPA BAY DOWNS! The G2 Hillsborough is usually where the Chad Brown turf brigade shows up in full force, and today seems no different. I thought #1 Whiskey Decision ran a sneaky good race on Pegasus Day and is a nice mare for Chad, but no superstar. She had trouble a bit (nothing horrific, but rank and uncomfortable) early and late in the F & M Turf Invitational, and still was not far off Destino d'Oro, who she's facing again today. The rail and distance works well for Whiskey, she just has to work out a trip. I'll trust Flavian to get the job done. But again, the price will be lower than it should be. There's enough early speed to keep the pace honest. My price play would be #7 Scythian for Mott (notice Alvarado is NOT on this and chooses Destino). She ran perfectly fine in a "merry-go-round" race at Tampa last time and has the right to improve...she'll need to do so.

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
10	5	Dandona	6-1	4+	\$25 Win #5 Trifectas: 6 / 4,7 / 1,3,4,7,10 4,7 / 6 / 1,3,4,7,10

Notes:

If I were to have a "Co-Play of the Day", #5 Dandona would be the one. This is a rare horse for Saffie in that she cost an arm and leg (so to speak) of over \$1million at the sales. After winning her debut last summer, she was laid off until recently, when she stormed home for a piece underneath. But once she figured out the game in the lane, she was flying and galloped out like a serious runner. Flavian jumps on today, so we won't get great value, but still a great bet nonetheless. She's cross-entered in an allowance race at GP, but is on the AE List there,, so I assume she'll go here today. I'm really interested to see what she does...talent abound...is she professional enough? As an alternative, look at #7 Scythian at a price, most likely underneath.



Racetrack: Santa Anita

Howard Kravets' Late P5 ABC GRID - Race 7 starts at 6pm EDT

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
7	1,8	4,9	5,10	1,4,5,8,9,10	\$0.50 LP5	\$72
8	3,4	6	2	3,4	-	-
9	1,2	3	4,8	1,2,3	-	-
10	3	1,6	2	3	-	-
11	1,6,7,9	-	2,3,4	1,6,7,9	-	-

Howard's Late P5 Analysis - Races 7-11

The Big Cap Day P5 feels like it could be a small amount, or explode if favorites lose. I'm leaning a bit towards the former, as I think some of the chinks will get the job done. The bookend races (non-stakes) are BY FAR the races in which to spread as far as I'm concerned. Let the board be your guide to some extent in R7, with many possibly talented first-time starters. The 1 is clearly the best horse of those that have run, but is not a slam dunk here. R8 and R10 will have heavy favorites...if you can beat either Brant (who I think is vulnerable) or Just a Touch (less vulnerable in my eyes, but not a sure thing either), you'll get paid. Beat both of them, and now we're talking about a nice ticket. The last race is VERY difficult and needs to be spready in my eyes.

Price/Spot Play(s)

(Reminder, "stars" are rated from 1 – 5, with 5 being the most confident of plays)

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
8	3	Secured Freedom	8-1	5	\$20 WP #3 BIG Exactas: 3 / 2,4,6 Smaller Exactas: 4,6 / 3

Notes:

THIS IS MY PLAY OF THE DAY AT SANTA ANITA!! First of all, #3 Secured Freedom won't be 8-1 come post time...I'd say half that price. In fact, I think he'll be the "wise-guy" pick of the race and will get bet way down. He was highly regarded after winning his maiden race, then was wide on both turns in his stake debut last time, but finished well. He's a bit of a work in progress, but gets a better post and plenty of early speed to chase. He figures to sit a great, ground-saving trip behind the speed and in theory will have every chance to make a big run late. If he's a Derby starter / contender, I think we'll see that talent show up here. Brant should get pushed from the inside and outside, and I'm not sure just how talented he really is anyway, plus he's coming off a layoff and will be a very low price. I expected "Freedom" to run his best race to date today.

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
9	2	Almendares	9-2	4	\$15 Win #2 Trifectas: 2 / 1,3 / 1,3,4,8

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					1,3 / 2 / 1,3,4,8
Notes:					
<p>Truth be told, Almendares has not been my favorite turf horse to bet out West due to his inconsistencies / running style. But perhaps his last run at GP was a harbinger of things to come today. He ran HUGE in the Pegasus World Cup, making a big, very wide, sustained run under Tyler G., who comes back on him today again, to finish a close 3rd in a competitive Pegasus Turf. Maybe it wasn't the best / most talented rendition we've ever seen, but his move was eye-catchng 5-6 wide into the stretch. There appears to be plenty of pace to set it up for him again, and I think Tyler will take back like last time and make one, late run. The consistent deeper closer in the race is #4 Gas Me Up, who seems to be better around one turn. Make no mistake about it....everything will have to go right for Almendares to beat this field....the early pace, the trip, the ride, etc...but we'll get a decent price again to find out. Rails are also set at zero today...plenty of room on the turf course to close.</p>					

Coast-to-Coast (CTC) Pick 5 Preview

Sponsored by Santa Anita / 1st Racing

1/ST	SANTANA ANITA PARK	GULFSTREAM PARK	SATURDAY/MAR 7
COAST-TO-COAST	PICK 5		RACE 7 - 3:50 ET
EVERY FRI/SAT/SUN	RETAIL ONLY		RACE 3 - 4:02 ET
			RACE 4 - 4:34 ET
			RACE 5 - 5:05 ET
			RACE 10 - 5:23 ET

Below is my ABC Grid for the CTC Pick 5 today at GP and SA. It's a low takeout (15%), \$1 base bet with no CAW's allowed (retail only).

First leg starts at approx. 3:50pm EDT

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
GP7	1,3	-	2,4,5	1,3	\$1	\$96
SA3	1,4	2	-	1,2,4		
SA4	4	2,5	-	4,5		

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SA5	6	1,3	2,4,5,7,8,9	1,6		
GP10	8,9,(13)	2	4,6,7,12	2,8,9,(13)		

Overall opinion: Today's Coast to Coast does not feel as challenging as some other ones....watch bombs come in now! The biggest spreads for me would be in the last two legs, Santa Anita R5 and Gulfstream Race 10. Save your money for those two races. Possible singles in the sequence include #4 Splendor in SA4, although I would go two-deep there. If you beat her, the payout will explode. I also like the #6 in SA5, but if he doesn't win, it could be many others. Good luck in a fun bet today!!

YouTube preview...."Wire to Wire Ep. #10": <https://youtube.com/live/xi6FAUZI50Y?feature=share>

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

