

Power Picks

Race Date	3/14/26
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Race-Day Overview

Happy "Pi-Day" (3/14, as in $\pi = 3.14159\dots$ can't help myself, I'm a math teacher)!! Perhaps today is the day to bet on the 3,1, and 4 horses at the NHC, contestants? Anyway, I digress.....Not a huge day across the country for graded stakes, but plenty of smaller stakes and solid cards abound, including the ones we're covering here.

First, we'll go to Colonial Downs for their premier late winter card, the Virginia Derby/Oaks Day with a Late P5 containing 4 stakes. Then, we'll travel to S. Florida for a solid Late P5 at Gulfstream with sprint stakes and competitive fields. Good luck today...as always, CHECK FOR SCRATCHES AND CHANGES!!

P.S. Hope you caught our spot play, Dandona, at a juicy 5.5 - 1 at TB last week! Whiskey Decision had a brutal beat at the wire, tough game. Next weekend....MONSTER DAY IN NEW ORLEANS FOR THE LOUISIANA DERBY DAY CARD! CHECK FOR SCRATCHES AND CHANGES TODAY!

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: Colonial Downs

Howard Kravets' Late P5 ABC Grid - R6 starts at 2:55pm EDT

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

Paul Halloran's Late P5 ABC Grid:

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
6	1,3	6	4,7	1,3,6	\$0.50 LP5	\$81
7	6,7	3	1,4	3,6,7	-	-
8	1	3	2	1,3	-	-
9	7	5,8	1,6	5,7,8	-	-
10	6,7	2,8		6,7,8	-	-

Pete Visco's Late P5 ABC Grid:

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
6	1,3,7	6	4	1,3,7	\$0.50 LP5	\$96
7	3,6	4,7	5	3,6	-	-
8	1,3	2	4	1,3	-	-
9	5,6,7	1,2	8,9	2,5,6,7	-	-
10	2,7	6,8	4	2,6,7,8	-	-

Howard's Late P5 Analysis - Races 6-10

We don't cover Colonial Downs very often, only twice a year (next time the Arlington Million Day card in August), and there are very few races run on their dirt course, especially high-level ones. I mention that because it's critical to watch the early races and see how the track is playing. It usually yields VERY fast times / fractions, but is fair in general, with an unusually long backstretch and final stretch. Therefore, all the races today are 1 turn, even the 1 1/8th Virginia Derby with 50 Derby qualifying points to the winner.

This Pick 5 is a fun sequence, with a combination of tough fields and smaller / simpler ones to handicap. I'll be spreading in R6 and R9, while going a bit thinner in the other races. I have a bomb idea in the Virginia Derby, so if that one comes through, lookout. I also could single the #7 on the end in R10, but it will depend on scratches when they come out. Don't go too deep in the smaller fields....you gotta take a stand without spending too much money. The one-turn distance races might invite you to take more early speed, but I actually feel the opposite way. The fractions will be fast / honest and might actually help the closers today, we'll see!

Power Picks

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)
6	6	Chasten	4-1	3	\$10 WP #6 BIG Exactas: 6 / 1,3,7 Smaller Exactas: 1,3,7 / 6

Notes:

The first of a split division of the Sandy Bottom S. for older girls starts here. **#6 Chasten** for Irad and Cox seem logical off of a nice win last time winning an allowance at the Fairgrounds. She beat a well-meant Chad runner in Rising Inflation, and seems to have a long, big stride that is conducive to the equally long stretch at Colonial. There's enough early speed to set up her late change, and expect Irad to time it right (as usual) on this improving filly. She'll probably take a lot of money, so this is not a huge play for me, but she seems very logical here as one of the Top 3 choices? Don't take too low a price.

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
9	2	Grittiness	12-1	5	\$5 Win, \$15 Place/Show Trifectas: 2 / 5,6,7,8 / 5,6,7,8 5,7 / 2 / 5,6,7,8 5,7 / 5,6,7,8 / 2

Notes:

THIS IS MY PLAY OF THE DAY AT COLONIAL DOWNS!! We discussed this race in great detail on Picks & Ponies last Thursday night, so I hope you'll watch / listen if you haven't already for more details. As I said on the show, this race reminds me of last year's Virginia Derby, which was my biggest score at the 2025 NHC. I'll admit, I'm taking an absolutely flyer here with **#2 Grittiness**, who in all fairness is more of an underneath play that is more likely to finish towards the back of the pack than in the Winner's Circle. Therefore, for our Spot Play ROI, I'm going \$1 Win, \$2 Place, \$3 Show. That being said, I find a whole bunch of interesting angles with this one today. There's enough early speed signed on, so the fractions should be honest. He had no chance vs. two of the top Derby horses in Paladin and Renegade in the highly-touted Remsen S., then had zero chance in the Withers when the track was heavily-tilted towards early speed and the kickback was plentiful. Now, you can argue, and rightly so, that he didn't really run well in either of those two races, but Pletcher decides to run him in a Derby prep instead of rest him and prepare for maybe the Belmont (if good enough) or later summer races. He's worked well since the last and will save ground on a track I predict he'll appreciate. Who are you really scared of in here? A 3-4 length improvement, which is very possible in my mind, puts him in the mix. Bombs away!

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
10	7	Maclean's Book	5-2	4	\$25 Win #7

Notes:

Solid allowance race closes out the day. **#7 Maclean's Book** is logical and fits like a glove. He's been running well in high-class allowance / minor stake races at Laurel, and is the form of his life. He runs Beyer speed figs in the high 80's / low 90's, which is plenty good here, and keeps his low-profile but familiar jock. Should receive a stalk and pounce type trip, and someone else will have to run very big to beat him, although he's no sure thing. Possible single to close out your Pick 5 ticket?

Power Picks

Racetrack: Gulfstream Park

Howard Kravets' Late P5 ABC GRID - Race 8 starts at 4:23pm EDT

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
8	2,6	4,5,7,8	3,9,10	2,4,5,6,7,8	\$0.50 LP5	\$90
9	7	1	3,5,6	1,7	-	-
10	6,7	2,4,8	1	2,4,6,7,8	-	-
11	6,7	4	2	7	-	-
12	1,11	4,6	7	1,6,11	-	-

Howard's Late P5 Analysis - Races 8-12

Tough, interesting sequence at Gulfstream today for their Late P5. AS OF THIS WRITING (THURSDAY), GOOD CHANCE TURF RACES WILL COME OFF AND RUN ON THE TAPETA, PAY ATTENTION TO CHANGES!!) The two obvious spread races for me are R8 (IMPOSSIBLE, almost could use "all button") and R10. Wondering if R8 at GP will be a mandatory play at the NHC, feels like the kind of race perfect for that format. I'm going to take stands in R9 and R11 for the most part, and re-evaluate my bankroll / desire to spend money when looking at the final leg, although I could go thin or spread there. I'd upgrade the #4 in the last IF the race is on Tapeta. I'm tipping out some shorter prices below at Gulfstream, so see the tote board and decide for yourself if the lower price is worth a win bet or not. Sometimes value represents 7-5, sometimes value is 4-1....it's all dependent on what price YOU think the horse should be....beauty is in the eye of the beholder.

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	2	Shades of Jade	7-2	5	\$25 Win #2 BIG EXACTAS: 2 / 4,5,6,7,8 Smaller Exactas: 4,5,6,7,8 / 2

Notes:

THIS IS MY PLAY OF THE DAY AT GULFSTREAM!! Pay attention to the weather as this race may scratch off the turf. Either way, I like #2 **Shades of Jade**. In this wide-open affair, Shades should get a nice inside stalking trip from midpack. Last time, she had plenty of run on the inside, only to get cut off by the leader with nowhere to go. The jock (Irak) basically had her in hand the closing few hundred yards because he knew she was beat and asked the horse to gallop home on his own without pressure. The margin of loss / speed fig is deceiving in my opinion....much worse than it could have been. She's worked steadily since, trainer is 26% this meet, and Tyler G. is no slouch. Much will depend on the price and trip, but she's VERY LIVE. Hope to get 7-2, but that might be a pipedream / wishful thinking. We shall see....fun race with many ways to go, so like I said earlier, do NOT take too low of a price. instead of a win bet, perhaps single in your horizontal plays? Might get more value that way.

Power Picks

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
9	7	Diciassette	8-5	4	\$20 Win #7

Notes:

Stakes for 3yo males going 6f. The outside horse, **#7 Diciassette** for Biancone, has run well sprinting and drops in class out of the difficult Swale S. He gets a nice, cozy post from the outside, and jockey Junior A. can just break and look to his left, then "press the button" when needed. He's not a speed demon, but also doesn't have to come from way out of it....I expect a middle move. The two inside colts are quick, so the pace should be honest, unless the rail horse gets loose. Diciassette had no chance last time vs. the talented Solitude Dude and Class President, and also had a minor spot of trouble on the turn. He'll probably be 2nd choice after the rail horse, but to me it's a 2-horse race. I'd go as low as 7-5 on the win end here. Anything above those odds represents value to me. Oh, the Diciassette is also 1-for-1 on wet dirt if the rain comes.

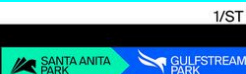
Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
11	7	Vibe	2-1	3+	\$15 Win #7 Trifectas: 7 / 4,6 / 2,4,6 4,6 / 7 / 2,4,6

Notes:

#7 Vibe is the prototypical example of what is exciting, and frustrating, about horse racing ownership. Now, I'd have to hit a few more Pick 5's to afford even a small slice of his \$3mil price tag, but the son of Into Mischief is impeccably bred. Believe me, the combo of Repole and West Point Thoroughbreds can afford it, don't feel sorry for them, even though this one has had some health issues and hasn't raced since last April of his 3yo year when he blew out a maiden field. I'm sure they had VERY high hopes for him, and probably still do. I like him today for two reasons, despite the long layoff: 1) Pletcher excels with layoff horses, and Vibe has a long string of works, and 2) His work on 2/28 blew me away. Don't get carried away with the slow time, as we often see at Payson. He completely blew by his workmate, the classy Disruptor, who came back with a 101 Beyer in the Challenger S. last Saturday at Tampa Bay Downs. Does that mean he'll run a 100+ Beyer today? Highly doubtful, but it does show his talent, and if he's ready, he could be a real handful in today's talented allowance field. Don't expect anything higher than 5-2. If he is, he might actually be a play against.

Coast-to-Coast (CTC) Pick 5 Preview

Sponsored by Santa Anita / 1st Racing

 <p>COAST-TO-COAST</p> <p>PICK 5</p> <p>EVERY FRI/SAT/SUN</p> <p>RETAIL ONLY</p>	<p>1/ST</p> <p>SATURDAY/MAR 14</p> <p>RACE 9 - 4:54 ET</p> <p>RACE 3 - 5:05 ET</p> <p>RACE 5 - 6:09 ET</p> <p>RACE 12 - 6:25 ET</p> <p>RACE 7 - 7:10 ET</p>
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Power Picks

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. 4:54pm EDT

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
GP9	7	1	3,5,6	1,7	\$1	\$90
SA3	1	4,5,6	3	1		
SA5	9,11	3,5,6,8	2	3,5,6,8,9,11		
GP12	1,11	6	4,7	1,6,11		
SA7	4,7,10	3,5	-	4,7,10		

Overall opinion: Really interesting Coast to Coast Pick 5. My main opinion is to spread in the final two legs at Santa Anita (R5 and R7), and single #1 Sumter in the San Simeon (G3, R3). I don't think you have to spread too much in the Gulfstream races, but R12 could get hairy if the rail horse is pressed hard early or doesn't break on cue...then, it's a crapshoot. This P5 could pay VERY well, as there are no real standouts in any race. Good luck!

YouTube preview...."Wire to Wire Ep. #11": <https://youtube.com/live/TkOnnnhdayQ?feature=share>

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

