KEENELAND Power Picks Tip Sheet

Date	Friday, Oct. 2, 2026
Picks By	Paul Halloran

Race-Day Overview

With Saratoga having run more days than ever this year – including Belmont Stakes and July 4th weekends – Opening Day lost a little luster. That is not the case at Keeneland, where we get two Opening Days every year. Today kicks off the Fall Meet and Fall Stars Weekend at the historic track in Lexington. If you have never been there, I urge you to make the trip as soon as you can. I never went until 2023, so don't be like me and wait until you are almost 60!

There is rain in the forecast today, predicted to start late morning and end mid-afternoon. We will give OFF turf top 3 picks in the non-stakes races, thinking they will keep the Jessamine on the grass if at all possible. Hopefully, the Turf Pick 3 stays intact. HHH will be well represented with Howard there this weekend, with Noah and Kyle, and I will be in town next weekend. To quote our fearless leader, Crush your bets at Keeneland on Opening Day!

Today's Picks

For information on how to read an "ABC Grid" and ticket construction, please refer to our podcast website, hhhracingpodcast.com, and go to the "Power Picks" section…a video explanation is also available on the page

ABC Grid - Post Time 1 p.m. EST

The "Stars" rating (last column) is #1 – 5 and represents the level of confidence we have in our "A" column for each race, with 5 being our highest confidence.

Race	A	B	C	Caveman Picks	Caveman Bet	Cost	Stars/Rating
1	6,8	3,7	1	6,7,8	$0.50 P5	$90	3
2	1,7	4	8,9	1,7	-	-	4.5
3	6,7	2	5	6,7	-	-	5
4	1,7	5,11,12	9	1,5,7,11,12	-	-	3.5

5	1,11	10	7,12	1,10,11	-	-	4
6	3,8	2,6	4,5	2,3,6,8	$1 P5	$96	4
7	4	2,8	6,10	4,8			4
8	5,8	3,10		3,5,8,10	-	-	3.5
9	5	6	1	5	-	-	5
10	11,12	4	7,9	4,11,12	-	-	3.5

Top 3 Selections

Race	1st	2nd	3rd
1	8	6	7
2	1	4	7
3	6	7	2
4	1	7	11
5 OFF	1 10	11 7	10 3
6	3	8	2
7	4	8	2
8	5	8	3
9	5	1	6
10 OFF	12 1	11 2	9 6

Late P5 Strategy/Analysis (R7 - 11)

Summer Starlet will be likely a single on a preponderance of tickets, so you need to decide if you want to get on that train in the Alcibiades in Race 9. If I go that route I will play it for at least $1. The #1 and #6 are possible upsetters in that race. I think the opening leg and the middle leg are spread races. And the last race is a tough turf marathon allowance with a full field. I'd like to be at least three deep in there.

$3 All-Turf Pick 3 ABC Grid

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
5	1,11	10	7,12	1,11	$3 P3	$54
8	5,8	3,10		3,5,8	-	-
10	11,12	4	7,9	4,11,12	-	-

$3 All-Turf P3 Strategy/Analysis - (R6, R8, R10)

This is a challenging, yet not impossible sequence. I don't have a single to give you, so with a $3 base bet you will have to be judicious in your selections. I do have two Spot plays in the sequence, so let's hope I'm on target there. **Keep in mind that even if they come off the turf, the "Turf Pick 3" wager stands, so wait as long as you can before putting your ticket in.**

Paul's Play of the Day

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
8	5	Seneca Park	9-2	4	$20 WP $15 DD 5 / 5

Notes:

Dallas Stewart isn't known for having his horses fully cranked for their debut, so when one wins – and comes right back with a win – it's worth taking note. Seneca Park has gone off as the favorite in both starts, a 5½-furlong dash at Ellis and a 6½-furlong sprint at Kentucky Downs. Brian Hernandez was aboard for both wins and returns here. Golden Pal – who completely missed the break in the 2022 BC Turf Sprint at Keeneland – has sired 20% 2-year-old winners and 20% turf sprint winners. Timeform has this filly vying for the lead, and while I don't think she has to be in front, Hernandez should get a forward trip and first run. Anything in the 4-1 range is good value.

Most Likely Winner of the Day

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
9	5	Summer Starlet	4-5	5	$30 Exacta 5-6 $20 Exacta 5-1

Notes:

No need to get creative here. Asmussen trainee was dominant in a Saratoga maiden win and then the Grade 1 Spinaway, winning by a combined 11 lengths. Interestingly, Flavien Prat becomes her third different jockey in three races. Ricardo Santana Jr., who rode her in the Spinaway, has nine mounts at Belmont today, including two New York-bred stakes, but his absence here makes you wonder if his on-again, off-again relationship with Asmussen is back off. Or is it just because Santana is a full-time NY rider now? Either way, Prat getting a leg up certainly works on a filly who has run much faster than all her opponents.

Longshot Play of the Day

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
2	8	Special Justice	10-1	3	$2 TRI 1,7 / 8 / all $2 Tri 1,7 / all / 8 $10 Win #8 (insanity insurance)

Notes:

I actually like the #1 National Eclipse in this race, but I think Special Justice presents decent value if 10-1 or higher. Son of Justify has only run on real dirt three times, finishing second once. Looks like he has enough speed to be in the mix and hopefully hold on a for a piece in the short-stretch race.

Other Price/Spot Play(s)

**** Price / Spot Plays are not usually the favorites, but horses we like that will provide some value (hopefully 5-2 or higher in general). The "Stars" rating is 1 – 5.***

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
3	6	Washton	4-1	3.5	$20 WP $10 Exacta 7-6

Notes:

I will acknowledge that the #7 Virabhadrasana is a deserving favorite off a convincing win in a Saratoga maiden that saw the third-place finisher come back and win at odds-on at Churchill Downs, but Washton gets big class relief here. The daughter of Jackie's Warrior ground out a maiden win in the CD slop in May, then Steve Asmussen threw her into the deep end in the Grade 3 Adirondack at Saratoga and listed Untapable on the Kentucky Downs grass. She was overmatched in both races. Note the KD race was won by Seneca Park, whom you have already read about on this sheet. Virabhadrasana (Good luck, Kurt Becker) was double-digit odds in both of her starts and she may be less than even money today. Washton attracts Jose Ortiz, who will be just inside of the favorite and this able to see exactly what brother Irad is up to. At 4x the odds, I'll ride with Jose here.

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
5	1	Quiet Street	10-1	3.5	$20 WP

Notes:

I know what you're thinking: Paul's picking another Godolphin horse. Well, you would be correct, but there are several reasons other than the color of the silks Prat will be wearing. This is a wide-open turf sprint in which the morning line favorite - #11 Cadenza - is 7-2. I'm using her as an "A,", but I would be thrilled if Quiet Street goes off close to the 10-1 odds Nick Tammaro has assigned her. Admittedly, at this distance she is a deep closer who needs pace to run into, but won't she get that here? There promises to be a mad dash for the lead, especially with the two horses on the far outside being speed horses who will be forced to go in order to get over. Quiet Street is certainly trip-dependent here, but that's where Monsieur Prat comes in. Godolphin homebred is graded-stakes-placed, something only three other fillies in here can boast. Let's hope she makes some noise.

Favorite Vertical/Horizontal Plays Not Included in Price/Spot Play Bets

Race #	Bet Type	Selections	Cost
1	$10 DD	6,7,8 / 1	$30
6	$20 DD	3 / 4,8	$40

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

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