

# Power Picks

Race Date	5/16/26
Edition #	Vol. 6, No. 19

## Race-Day Overview

**It's PREAKNESS STAKES DAY**, the 2nd leg of the Triple Crown. Of course, no Triple Crown on the line this year as Derby winner Golden Tempo will wait for the Belmont S., but plenty of GREAT STAKES all day long at Laurel, this year's home track for the Preakness. I personally prefer Laurel much more than Pimlico due to the softer turns on the dirt and turf, better sight lines for watching the races, etc... We have FULL-CARD and ALL-STAKES ABC Grids for your viewing pleasure, plus of course the Coast-to-Coast Pick 5 sponsored by Santa Anita at the end of the tip sheet.

**CHECK FOR SCRATCHES AND CHANGES....weather is supposed to be warm and sunny as of this writing in Maryland. Note the EARLY START TIME of 10:30am EDT!!**

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

\*Overall ROI (since Feb. 2021): **\$2.13** (\$2,338.46 / 1096)

2026: **\$3.05** (\$313.78 / 103)

2026 Plays of the Day: **\$3.42** (\$109.32 / 32)

## Today's Picks

\*\* For those of you not familiar with the "ABC" method of betting, go to our website, [hhhracingpodcast.com](http://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: Laurel Park

### Howard Kravets' FULL-CARD ABC Grid - R1 starts at 10:30am EDT

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
1	7	-	2,3,4	7	\$0.50 EP5	\$80
2	1a,5	1,10	3,4,6,7,9,12	1,5	-	-
3	1,3	4,5,6	10	1,3,4,5,6	\$0.50 MP5	\$80
4	2,7	3,4	1,5,6	2,3,4,7	-	-
5	3,9	4,7	1,11,12	3,4,7,9	\$0.50 MP5	\$18
6	4,7	3	-	4,7	-	-
7	4	5	6	4	\$0.50 MP5	\$9
8	2,8	6	-	2,6,8	-	-
9	3	4,6	2,5	3	\$0.50 LP5	\$75
10	3,6	4	-	3,6	-	-
11	3,5,8	7	1,2,6	3,5,8	-	-
12	1,4	2,3,11	7,8,10	1,2,3,4,11	-	-
13	2,10,12	1,6	4,5,8,9	2,10,12	-	-
14	6	1,4	9	6	-	-

### Paul Halloran's LP5 ABC Grid:

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
4	3,7	4	2,6	7		
6	1,4	2		1,2,4		
7	4,5	6	7,8	4,5	\$.50 P5	\$96
8	4,5	2,8	1,6	2,4,5,6		
9	3,5	4,6	1	3,5	\$.50 P5	\$108
10	3,4	6		3,4,6		
11	2,5	3,8	4,7	2,3,5,8		
12	2,3	1,4	10	1,2,3		
13	9,12	1,6	2,3,11,14	6,9,12		

### Pete Visco's All-Stakes ABC Grid:

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
4	2,3	7	6		-	-
6	4,7	3	1,2		-	-
7	1,4	5,6	3,7	1,4,5,6	\$0.50 P5	\$96
8	2,4,5,6	1,8	3	2,4,5,6	-	-
9	3,5	1,4,6	2,7	3,5	\$0.50 P5	\$90
10	3,6	4,5	1	3,6	-	-
11	2,8	3,5,7	1	2,3,8	-	-
12	4,11	1,3,8	2	3,4,11	-	-
13	5,10,12	1,2	3,6,9	1,2,5,10,12	-	-

# Power Picks

## Howard's All-Stakes Late P5 Analysis - Races 9-13

*Today's All-Stakes Late P5 concluding in the Preakness S. is "bottom-heavy" in my opinion. I'll be going lighter in the early legs and spreading in the last three legs, which are very challenging. The key for me will be how well I navigate the first two legs....if I can get through those using a small number of horses, I'll have a big shot to cash nicely. I'm taking a stand (with backups) in Leg 1, Race 9. See my Price/Spot Plays below for more info. Race 10 is a two-horse race, as I'm generally fading my friend #6 Fort Washington and Junior Alvarado, who owes me nothing after the Million score at Colonial last summer. R11 feels like a race I can get through going 3-4 deep, then there's the last two of the sequence. The turf sprint and Preakness are WIDE OPEN, and I would spread as much as your wallet allows. I could easily go 5-deep in each of those races, if not more. I'd be shocked if this sequence doesn't pay high 4-digits, and a 5-digit is not out of the question.*

### 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)
2	5	Suremeanttobe	12-1	2	\$10 WP #5 BIG Exactas: 1 / 5 Small Exactas: 5 / 1,5,10

#### Notes:

#5 **Suremeanttobe** is a soft play for me, but a very consistent sort who has run big races in the past....his speed figures absolutely fit in this field. His Beyers have regressed in the last two, but is working well and in solid form. The big question for me is which of the coupled entry (#1 / #1a) will run here for Trainer Ness? I assume it's only one of them since Hazelwood is named to ride both. The #1a is a MUCH bigger danger, but the solid #1 is speedy coming off a long layoff. If he runs, I'm sure he's ready too. Suremeanttobe has a chance to beat both of them if he runs his best. For our Spot Play ROI, we'll go \$1 WP.

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
5	9	Tideoftime	10-1	4+	\$20 WP #9 Trifectas: 9 / 3,4,7 / 1,3,4,7,11,12 3,4,7 / 9 / 1,3,4,7,11,12 3,4,7 / 1,3,4,7,11,12 / 9

#### Notes:

In a wide-open race, #9 **Tideoftime** is a fascinating entrant. This is one of my top plays today at Laurel, and if it works out, I'm gonna get paid handsomely. She's a bit of an "all-or-nothing" type based on her last race. She didn't break well and was pinched / steadied back, but not horrifically so. She seemed comfortable mid-race, but completely spit the bit before the far turn and was basically eased. I have no idea what happened, but I assume the start and maybe the sandy-Keeneland turf course was not to her liking. I've seen this movie too many times before (Counting Start this spring, remember?). These non-efforts usually are followed by a good race w/stakes horses, and Matz takes over w/Johnny V. in the saddle. She's obviously healthy and has the running style (closer) in this race to make a big dent in the stretch at a price. Hope the "Tide" rolls in during the stretch run.

# Power Picks

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
8	8	Slam Notion	5-1	4	\$25 Win #8 BIG Exactas: 8 / 2,6 Smaller Exactas: 2,6 / 8

**Notes:**

The Maryland Sprint, on paper, has plenty of early speed. Maybe #8 Slam Notion is a bit slower / less classy than others, but he has a few things going for him. 1) The outside post will allow jockey Toledo to break, look left, and make some decisions in order to get a clear path going into the turn. 2) The horse is able to rate and pass others, unlike many in the race who need the lead or have to be up close early. 3) He's been given a bit of a break, and has pointed to this spot as a lightly-raced 4yo with upside. All of these factors convince me that Slam Notion is a good play today.

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
9	3	Zihnal	6-1	5	\$30 WP #3 BIG Exactas: 3 / 4,6 Smaller Exactas: 4,6 / 3

**Notes:**

There's always a lot of pressure when you tip out a horse you love to start a horizontal sequence. If he wins, you're gold. If he loses, you're in trouble. **MY PLAY OF THE DAY AT LAUREL** fits that bill, **#3 Zihnal** for Trainer Thomas ridden by Irad. This turf stake doesn't have any superstars in it, and I'm offering up a MAIDEN in a field full of winners, always a dicey proposition. But Zihnal earned a big fig vs. two good horses who came back at Churchill Derby Weekend and ran just fine, one finishing 2nd to Powershift, the other split the field in a VERY good allowance race. He's bred to like the turf, has high knee action that suggests turf will suit him, and the presence of Irad, while lowering his price, gives me confidence. With horses like #5 Proton and #6 Turf Star at lower ML-odds and more impressive on paper, I'm hoping Zihnal won't take too much money. I do expect him to drop to around 4-1 come post time. Augustin Stables obviously think highly of their homebred, as he was Triple Crown nominated as well. I like his works lately (talked about that on the show Thursday night) and think he's gonna run a big one. If he wins, that'll help my Late P5 chances a ton.

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
10	3	Cruise the Nile	9-5	4	\$20 Win #3

**Notes:**

I don't usually tout 9-5 ML horses, because they're "obvious" choices who can win. But with the presence of a nice Pletcher runner (#6 Dresden Row at 7-5) and Ft. Washington, maybe **#3 Cruise the Nile** will drift up in price a bit. This Cairo Prince gelding is undefeated on turf, and was super-impressive last time with an easier-than-looks win. The Motion-trainee steps up in class, but the way he runs, I don't think class or distance will be a problem. He showed the ability to sit back and finish last time, the first time he's done that lately...he's usually up close. That bodes well for his chances today. He's been given a month to recover since that win, and is now used to the Laurel turf as well. He's a big boy, so it'll be best if Ruiz gets him in the clear as opposed to fitting through a small gap and trying to explode through it. I think Ft. Washington's best days are behind him, so in my mind, he has only Dresden Row to beat realistically....that one was VERY good last time, but did get a great trip. However, improvement is likely for Pletcher 2nd time under his guidance and 2nd off the layoff. Should be a great race....the right trip is imperative.

# Power Picks

Race #	Horse #	Horse Name	Odds	Stars	Bet(s)
13	2	Ocelli	6-1	3	\$15 WP #2 Trifectas: 2 / 1,6,10,12 / 1,4,5,6,8,9,10,12 1,6,10,12 / 2 / 1,4,5,6,8,9,10,12

## Notes:

This year's Preakness is one helluva a betting race. I know, I know...the Derby winner is not running, yadayada. If it bothers you that much, don't keep reading / bet the race / or watch. I like 14-horse wide-open betting boards, because it creates value. #2 Ocelli was a major surprise in the Derby at 70-1, finishing 3rd in a race that completely collapsed. But his improvement was evident two-back in the Wood also, albeit a slowly-run speed fig. for the level. This is USUALLY a horse I would dismiss today...was 70-1, now 6-1, last time was the time, etc.....But on paper, the race could fall apart again, and maybe the maiden Ocelli can fire back with Tyler G. in the saddle one more time. If a closer wins this race, name another one in the field you like? I'm still waiting, lol.....maybe it's #12 Incredibolt, but he has a wide post and is also coming back quick from the Derby, and Ocelli beat him two weeks ago fair and square, and by several lengths. The big question marks are two-fold: 1) Will the pace actually heat up / frontrunners back up late? And 2) Can Ocelli replicate that Derby effort off of only 2 weeks or rest. My soft answer is "yes and yes." NOT a major push here, more of a feeling. Good luck!

## **Preakness Analysis (by Howard Kravets):**

Let me as clear as day....similar to the Derby, and I wish this wasn't the case, the Preakness S. is a very tough betting affair and I don't have a strong lean. I counted 10 of the 14 that COULD win and would not shock me. So, I'll be treading lightly in general and watch the spectacle that is the Preakness S. ***We'll have LIVE COVERAGE in real-time of the race on our "Weekend Warriors" show this Saturday on YouTube from 4-7pm EDT. We'll be watching the race (with audio on YT) and reacting as the race is run, please join us...it'll be more fun and informative than the NBC coverage!***

With an anticipated fast pace, I'm downgrading the early speed types. Of those, I like #10 Napoleon Solo the best. If he can somehow find that form from his 2yo year (and is supposedly training great now), he can beat this field. I'm again the other speeds like #1 Taj Mahal and especially #9 Iron Honor. Taj could win if he's able to rate, we'll see. #6 Chip Honcho must be respected too based on the connections, but how good is he? My top choice as mentioned above is #2 Ocelli, figuring he'll get another wicked pace to fly into late. But he has questions to answer too, and he's just a maiden still. Others I'd use also include #12 Incredibolt, and on deep tickets I'd thrown in #4 Robusta, #5 Talkin, and #8 Bull by the Horns for Saffie as bombs...they have run a race in their careers that could win this and have trainers that know how to win a Triple Crown race...they'll be BIG prices. Sit back and watch the drama unfold!

**Final Selections: 2-10-12-1**

# Power Picks

1/ST

SANTA ANITA PARK GULFSTREAM PARK

COAST-TO-COAST

**PICK 5**

EVERY FRI/SAT/SUN

RETAIL ONLY

SATURDAY/MAY 16

RACE 10 - 5:39 ET

RACE 5 - 6:06 ET

RACE 11 - 6:11 ET

RACE 6 - 6:39 ET

RACE 7 - 7:18 ET

**SPONSORED BY OUR GREAT FRIENDS AT SANTA ANITA RACETRACK!!**

*First leg starts at approx. 5:05pm EDT; Analysis by Noah Meagher*

Race	A	B	C	Caveman Picks	Caveman Bet	Caveman Cost
GP10	2	3,4,10,12	7,9	2,3,4,10,12	\$1	\$60
SA5	8	3,7	-	8		
GP11	9,10	6,7	2	9,10		
SA6	3	2,5	1,8	2,3,5		
SA7	6,7	2,8	-	6,7		

***Overall opinion:** I have a feeling most tickets in today's sequence will consist of several horses in the races at Gulfstream Park. Not only are they extremely competitive, they're very low level races in general, which makes it difficult to have confidence in trying to narrow down in those legs. Naturally, Santa Anita is the track I feel more confident in, so I'll be narrowing in those races. #8 Grazed looks to be tough in SA 5, as he goes from an inside post last time to a cozy outside post this time around. #1 Twisted Humor has burned enough of my money lately, so I'll be trying to beat him this time, and I'm hoping to get by in the concluding leg with familiar rivals in City Exile and Baldoro. Good luck!*

YouTube preview...."Wire to Wire Ep. #18": <https://youtube.com/live/uBUuac0aCjs?feature=share>

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



*Power* **Picks**