

Twenty Do Not Do's when wagering at the race track

by Phillip W. Weiss

- 1. Do not place a bet based on posted odds. (Posted odds are non-predictive of outcome.)**
- 2. Do not consume intoxicating beverages and substances. (Alcohol and other intoxicating substances impede good judgment and are a waste of money.)**
- 3. Do not use tobacco products. (Besides being lethal to personal health, consuming tobacco products do not improve the chance of picking winners and is money literally going up in smoke.)**
- 4. Do not bet to make money. (Bet to pick winners, period.)**
- 5. Do not place absolute reliance on past performance. (Past performance is no guarantee of future outcome.)**
- 6. Do not engage in idle chatter. (Idle chatter is useless and a waste of energy.)**
- 7. Do not eat large meals or party at the track. (Consuming food and partying are unduly distracting and costly.)**
- 8. Do not treat thoroughbred racing as a form of casino gambling. (Thoroughbred racing is far more complex.)**
- 9. Do not delay cashing in a winning ticket. (Winning tickets can easily be lost.)**
- 10. Do not take the picking of a winner for granted. (There is no such thing as a sure bet.)**
- 11. Do not make complicated bets. (Complex bets are more expensive and greatly increase the probability of losing.)**
- 12. Do not treat the track as a workplace. (Going to the track is an avocation, not a job.)**
- 13. Do not despair. (There's always the next race.)**
- 14. Do not lose self-control. (This leads to making poor, and often costly, decisions.)**
- 15. Do not flaunt winnings. (Picking a winner is first and foremost a function of luck, which can instantly change.)**
- 16. Do not make expensive bets. (Small bets are far less costly and more likely to yield a winning pick,)**

17. Do not place any importance on the morning odds. (Morning odds are a contrivance that have no predictive value.)

18. Do not go against your own best judgment. (Be decisive.)

19. Do not be afraid to lose. (Picking losers is part of thoroughbred racing; it makes picking a winning feel even sweeter.)

20. Do not lose faith in your ability to pick a winner. (You can do it!)