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ASSINIBOIA DOWNS



The Inside Track | Issue #124 | March 22, 2024



DINING



BET NOW



140 VLTS

ASD Hours

- Open daily from 10 a.m. to 1 a.m.
- VLT machines are sanitized between use

2024 Live Race Dates

- Monday, May 20 to Tuesday, September 17 - click [here](#) for schedule

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Do the Downs!**Upcoming Handicapping Tournaments****Player's Choice Tournaments:**

- Saturday, April 13
- Saturday, May 11

**Tournament Winners:**

- Player's Choice - Saturday, January 20 - Winner: Ron Phelps
- Player's Choice - Saturday, February 17 - Winner: Trevor Phelps
- Player's Choice - Saturday, March 16 - Winner: Don Allard

Club West Gaming Lounge



140 VLTs are available daily in our spacious Club West Gaming Lounge from 10 a.m. through 1 a.m. Enjoy complimentary coffee or tea. We also have fantastic deals on [daily drink specials](#), [happy hour specials](#), [daily lunch](#) and [nightly food features](#). Please note that our VLTs are sanitized between play.

Free daily draws take place for your chance to win cash!

- **Break Open Bonanza!** Draws to win \$10 plus 20 break-open tickets! Monday through Friday from 1 p.m. until 5 p.m.
- **Lucky Spins!** Draws for \$20 in FREE VLT Spins Friday, Saturday & Sunday from 6 p.m. to 11 p.m.

Pick an Easter Egg for CA\$H!

Friday, March 29 through Sunday, March 31 you can enter for a chance to pick an Easter Egg for up to \$100 cash. Draws will take place throughout the day and evening starting at noon each day!

Please note that the Club West Gaming Lounge featuring 140 VLTs is open regular hours (10 a.m. to 1 a.m.) on Good Friday, March 29, Saturday, March 30 & Easter Sunday, March 31.



There's Always a Deal at ASD!

\$11.95 Daily Lunch Specials

Enjoy breakfast, lunch, dinner, snacks from our Club West Dining Room menu or try our ever changing \$11.95 lunch special.

- Club West Dining Room & Lounge [menu](#)
- Daily Happy Hour [specials](#)



Daily Drink Features All Day Long

- Monday - Margarita \$6 (lime, peach or strawberry)
- Tuesday - Corona \$5
- Wednesday - Wine \$4.50 (6 oz. glass of house white or house red)
- Thursday - Beer \$4.75 (house pint of beer)
- Friday - Trifecta Tea \$6 (Absolut peach vodka, lemonade, sweet tea)
- Saturday - RazDerby Lemonade \$6 (Absolut raspberry vodka, lemonade)
- Sunday - Caesar \$6



Daily Evening Chef's Specials

Monday - BBQ Ribs \$19.95: Smoky char-broiled ribs with our signature BBQ sauce. Served with french fries and coleslaw.



Tuesday - Tacos \$9.95: Two flour tortillas stuffed with taco beef, chicken or fish, lettuce, green onions, cheese and diced tomato. Served with a drizzle of avocado cilantro lime sauce and taco chips.



Wednesday - Two Topping Pizza \$14.95: Thin crust pizza with mozzarella and tomato sauce. Choose from pepperoni, bacon, ham, spicy beef, chicken, tomato, mushroom, peppers, black olives or onions.



Thursday - Chipotle Mozza Burger \$14.95: Our signature sirloin patty and crispy bacon smothered in melted mozzarella. Topped with fresh sliced tomato, fried onion rings, chipotle mayo and sweet bold barbeque sauce.



Friday - Steak & Suds \$24.95: 8 oz. Sirloin steak charbroiled and seasoned with our smoky dry rub. Served with fresh vegetables and a choice of mashed potatoes or french fries. **Plus a complimentary pint of ASD Lucky Lager.**



Saturday - Prime & Wine \$29.95: Certified Angus Prime Rib (8 oz. cut.) Served with fresh vegetables and a choice of mashed potatoes or french fries, horseradish, and Yorkshire pudding au jus. **Plus a complimentary 6 oz. glass of house wine.**



Sunday - Fish & Chips \$14.95: Two pieces of beer battered cod with tartar sauce and lemon. Served with french fries and coleslaw.



Reservations are not required. The above specials are available from 4 p.m. to 8 p.m. daily.

Everyone who purchases one of the above specials will receive a coupon to play our free "Pick to Win" game in the VLT lounge for a chance to spin our lucky cash wheel where you can win up to \$100 cash!

At The Post with G.S. Thompson

Trainer Lise Pruitt Looking Forward to Big Year

Conditioner of Manitoba-bred champ Melisandre has solid mix of horses for 2024



Trainer Lise Pruitt with multiple Manitoba-bred champion mare Melisandre. (George Williams)

The smile on trainer Lise Pruitt's face always tells the whole story, and it's a genuine one. She absolutely loves what she does.

Pruitt is now in her fourth year of training for Arnason Farms, True North Thoroughbreds and their additional partners. She was glowing on Thursday morning in the barn as she tended to her 21 horses, and it wasn't because of the cold. Stable star Melisandre was nearby, and that Manitoba-bred champion would warm any trainer's heart.

Pruitt was excited about her returning 3-year-olds this year, many of whom went through a solid development phase as 2-year-olds. She's hoping some of her sophomores, like Kontie, Yellow Birdie, and another 3-year-old out of champion mare Tadaa, can take a step forward this year. Until then, Melisandre remains the leader of the pack.



Melisandre galloping on the ASD training track Thursday morning with Sydney Blackwood. (George Williams)

While she didn't win any stakes races outside of Melisandre's victories in 2023, Pruitt seemed pleased with her overall performance, compiling a record of 16-13-10 from 86 starts for purse earnings of \$216,526 and winning at an excellent 29% clip.

It was the third year in a row Pruitt had gone over the \$200,000 mark in purses and she has also held her own in the Manitoba Strong program, which recognizes conditioners who do well with Manitoba-breds.

While things are going well on the track, Pruitt also has an exciting situation developing at the farm with Arnason's broodmare band. "Escape Clause's full-sister had a foal the other day, and we also had a maiden mare have a foal. So we've got two foals on the ground, and three more mares to foal out."

With a nice mix of seasoned racehorses and talented young prospects, along with some up-and-coming youngsters, Pruitt seems poised for another successful year and more to follow. But it's clear her main focus will be getting her stable star Melisandre prepared to take on the best of her division.



Melisandre returns from exercise on Thursday morning with Sydney Blackwood. (George Williams)

Owned by True North Thoroughbreds and Arnason Farms and bred by Cam Ziprick, Charles Fouillard and Barry Arnason, the Manitoba-bred multiple-champion by Going

Commando-High Pioneer by Pioneering has compiled a lifetime record of 10-5-1 from 20 starts for earnings of \$172,228.

In 2023 as a 5-year-old, Melisandre ran one of the best races of her life to win the Cool Excellence Overnight Stakes and followed up later in the season with a win in the Distaff Stakes.

"One of my favourite things with her is when we're walking around the paddock before a race and she stops in the same place on the corner to look at the winner's circle," said Pruitt. "Everyone just stops behind her and waits." They know.

Melisandre does too.

Third-Time Lucky! Times Two! **Don Allard wins Player's Choice Tourney, Hits big Pick-4 on same day!**



Don Allard almost didn't play in last Saturday's Player's Choice Handicapping Tournament. Lucky for him he changed his mind. Allard not only won the Player's Choice tourney, he also scored another \$1,100 in a 20-cent Pick-4 at Woodbine that included three of his contest plays.

Allard built his \$60 bankroll to \$117.50 in the contest to defeat runner-up Nicole Baker (\$101.20) by a whopping \$16.30, followed by Randy Premachuk (\$90.20) Trevor Phelps (\$89.10) and Glen Gray (\$80.90).

The 49-year-old commercial print worker at the Winnipeg Sun hit his longest-priced winner Dilger (9-1) in the first race at Gulfstream, but also had five other winners on the day including the aforementioned Woodbine winners, to earn the \$1,000 first prize, a trophy and the bragging rights that go with it.

"I was surprised," said Allard, "I've only played in it three times. I finished around mid pack once before. It was just luck, I guess, because I really had no time. I was busy helping out my dad, and then my nephew came over so I was playing games. I was watching the races at the same time. The last three I got were all standardbred horses, and I bet them before the races even started."

"I looked at five different races, and I was like, okay, I'm betting this one and this one. Then later when I went to my dad's house, and he asked me if I was doing any good in the contest, I didn't know. I hadn't checked any of the races."

When he finally looked, Allard was stunned to see the size of his bankroll. All his selections at Woodbine had won, which also resulted in him hitting a 20-cent Pick-4 at Mohawk that paid \$368.50 thanks to a 46-1 shot in the first leg.

"I was watching him for a while," said Allard, who didn't use that horse in the contest but did include him on his \$9.00 60-cent Pick-4 ticket. "He had won as a longshot about five races ago, and he had done nothing in his last five races. And I was like you know what, I'm adding him again."

Allard didn't learn of his Player's Choice win until receiving the email results. "I started reading about mid page at \$70, \$80 and I didn't see my name," he said. "Where am I? And

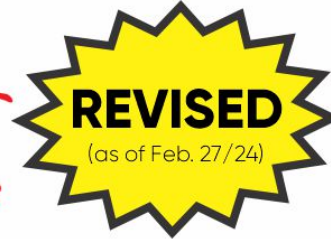
it was like wow, I'm on top! No way! I was really shocked. There's a lot of good handicappers in these contests."

Shocked as Allard was to beat out some of the best handicappers in Manitoba, it may not have been purely luck that lifted him to the top. The lifetime player who first went to the track as a teenager with his dad in the 1980s has patiently developed his own angles by studying the insights of handicapping writers and other players. He still goes to the live races in the summer with his father and they play Woodbine at ASD during the off-season.

"We sit outside on the benches right in the front," said Allard. "It's nice in the summer. I can't wait. It's almost here. Only a couple more months, and we'll be back out there."

Allard wasn't going to play in last Saturday's tournament, thinking it would be too tough to win, but later decided, "I'm going to give this one more shot."

Third-time lucky.



ASSINIBOIA DOWNS • WINNIPEG, MANITOBA • CANADA



CONDITION BOOK #1
Monday, May 20 - Wednesday, June 19, 2024

Download a copy of Condition Book #1 [here](#) or click on the image above.

2024 SHIPPING INCENTIVE PROGRAM

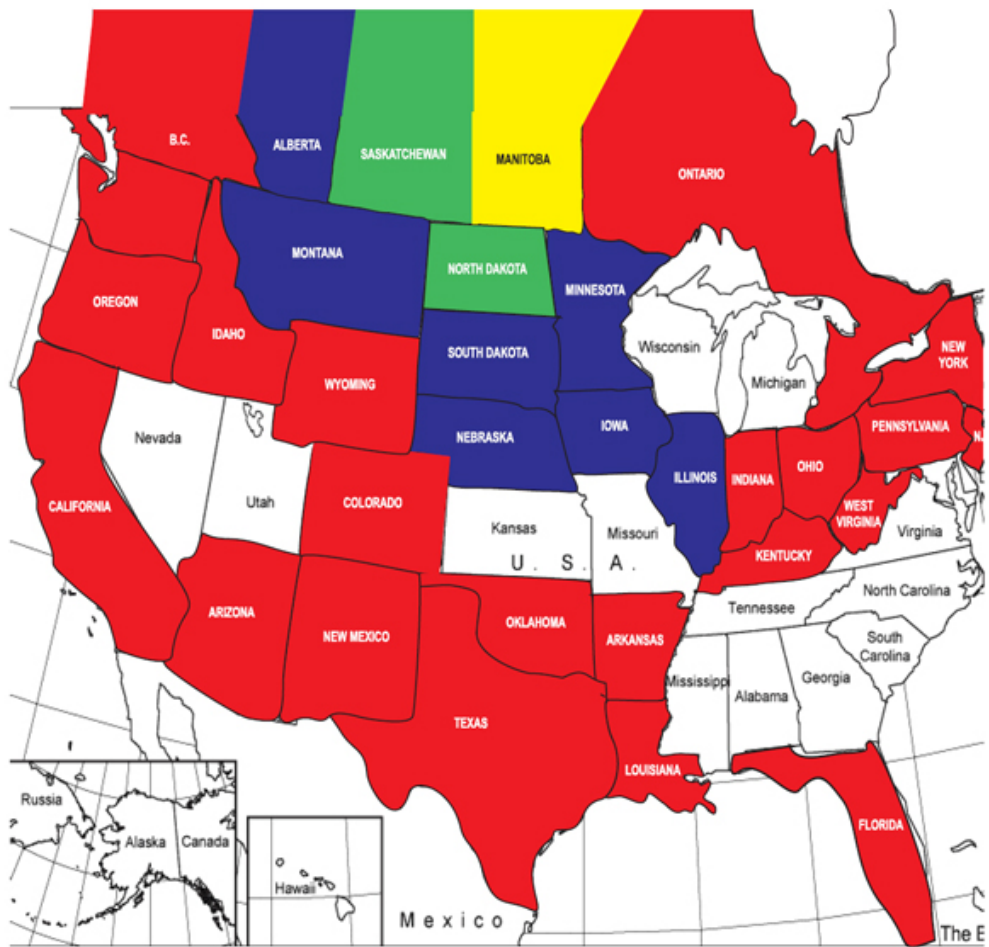
A one time credit per horse is automatically put in the horse owner's account by the racing bookkeeper after the horse has completed one start.

Zone 1 - \$250 per horse

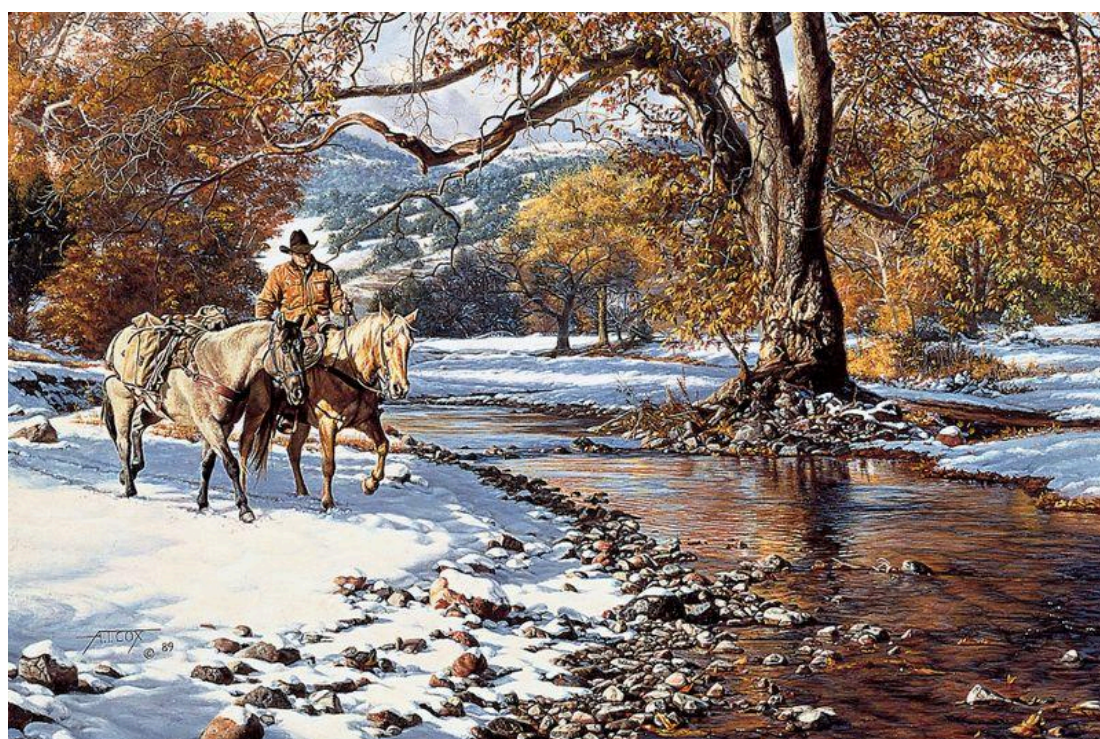
Zone 2 - \$350 per horse

Zone 3 - \$500 per horse

Zone 4 \$1,000 per horse



Seasons Change
Original painting by [Tim Cox](#)



"Life is a cycle of change, and the seasons are just another reminder of that." ~ Anonymous. "Seasons Change" painted by Tim Cox. See more original paintings from Tim Cox [here](#).

Road to the Kentucky Derby

- Jeff Ruby Steaks (TP) - Mar. 23 - 100 points
- Louisiana Derby (FG) - Mar. 23 - 100 points
- UAE Derby (Mey) - Mar. 30 - 100 points
- Florida Derby (GP) - Mar. 30 - 100 points



- Arkansas Derby (OP) - Mar. 30 - 100 points
- Wood Memorial (Bel) - Apr. 6 - 100 points
- Blue Grass (Kee) - Apr. 6 - 100 points
- Santa Anita Derby - Apr. 6 - 100 points
- Lexington (Kee) - Apr. 13 - 20 points

2024 Kentucky Derby points standings - [here](#)

Easter Brunch - Sunday, March 31 - **SOLD OUT**

We are excited to announce our Easter Brunch on Sunday, March 31 in the Terrace Dining Room from 11 a.m. to 2 p.m. Join us for a delicious brunch with your family and friends.

Our menu includes a variety of dishes such as:

- Sliced Certified Angus Prime Rib in Mushroom Sauce
- Carved Ham with Grilled Pineapple
- Scrambled Eggs with Green Onion
- Eggs Benedict
- Omelette Station
- Bacon
- Sausage
- Hashbrowns
- French Toast
- Caesar Salad
- Broccoli Salad
- Golden Beet Salad
- Wild Rice Salad
- Cheddar Cheese, Kolbassa & Pickles
- Smoked Sockeye Salmon Pizza
- Rolls, Flatbreads and Butter
- Croissants
- Sliced Fruits and Berries
- Cakes & Pastries



Tickets are priced at \$39.95 (adults), \$22.95 (12 & under), and \$9.95 (5 & under). **To purchase tickets, please call Samantha at 204-885-3330.**

This event sells out every year so order your tickets today!



Looking for a Special Photo of Your Big Horse or...?
Track Photographer Jason Halstead may have just what you're looking for



Lady Nyla (#1 inside) wins a 4-horse photo in the 4th race on July 18, 2023 for trainer Don Senebald. Shavon Belle up. And she paid \$23.50 to win! (Jason Halstead / Assiniboia Photo)

Looking for that extra-special photo of your big horse, one you might not find in your win pictures? Track photographer Jason Halstead takes numerous photos during the races, and not all of them can make it into the win photos. If you're looking for something frameable from your big race, or of your special horse, email Jason at jjhphoto@gmail.com. Prices are excellent! Almost as good as his photos 😊

Wager on Top Tracks



Watch and wager on world class racing from the comfort of your private carrel in our race book located on the 2nd level of the grandstand. The race book is open daily at 10 a.m. Can't make it to the track? Visit one of our partner locations listed below or wager at HPIbet.com. Click [here](#) for a list of tracks to wager on during the month of March.

Carryover Watch

- Gulfstream Park - March 22 - Jackpot Pick 6 carryover \$437,447

See all carryovers [here](#).

Can't make it to the track to wager?

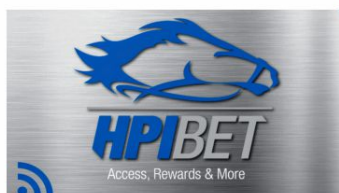
Watch and wager at one of our off-track betting locations:

- Canad Inns Windsor Park - [1034 Elizabeth Road](#)
- Green Brier Inn - [1611 Main Street](#)
- Rookies at Central Hotel - [201 Melrose Avenue East](#)
- Quest Inn - [367 Ellice Avenue](#)
- McPhillips Station Casino - [484 McPhillips Street](#)
- Club Regent Casino - [1425 Regent Ave W](#)
- Nor-Villa Motor Hotel - [1763 Henderson Hwy](#)
- Club 3D - [3317 Portage Avenue](#)
- Wager 24/7 at HPIbet.com



Player Rewards & Cash Bonus Programs!

REWARDS FOR ALL WAGERING



ONE CARD DOES IT ALL!

- Earn points for all your wagering when you swipe your card or wager on HPIbet.com
- Wager on your account on betting terminals
- Earn cash bonuses on wagering (see below)
- Convert your points to CASH
- Buy programs & DRF on HPIbet.com

CASH BONUSES FOR WAGERING

PLATINUM BONUS LEVEL	GOLD BONUS LEVEL	SILVER BONUS LEVEL	BRONZE BONUS LEVEL
Bet \$5,000 or more in the week* and receive a cash back bonus of 4%	Bet \$4,000 or more in the week* and receive a cash back bonus of 3%	Bet \$3,000 or more in the week* and receive a cash back bonus of 2%	Bet \$2,000 or more in the week* and receive a cash back bonus of 1%



Wagers must be placed using your HPIbet Rewards Card. The week (*) is designated as Monday through Sunday. Any bonus money earned during this period will be deposited to your HPI account on Wednesday by 5 p.m. Betting bonus cash is in addition to regular HPIbet rewards points earned. Assiniboia Downs reserves the right to alter or amend this promotion at any time. Bonus calculations are available on payouts of \$2.20 and above. Maximum weekly bonus deposit \$1,000.

"I Won Bigg" Wagering Group Saturday at 10:30 a.m. (2nd floor plaza)

Join the "I Won Bigg" wagering group this Saturday at 10:30 a.m. The wagering group is open to everyone. This week they will be playing Tampa and Santa Anita. \$20 per share. If you would like more information please email [Larry](#).

A Snapshot in Time by Track Historian Bob Gates



Another week, another heart-horse. Fly Bee Bee Fly loved an off-track. On a day when a lot of horses would struggle with rain in the forecast, 'Bee Bee' was at his best. In the early 1980s he was a fan favourite and CEO, Darren Dunn's heart-horse, even before he was calling races. (Gerry Hart photo)

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DARK HORSE BETS

Five Questions to Be Answered in the 2024 Louisiana Derby Longest of the Kentucky Derby preps could separate contenders from pretenders



Horses wheel into the homestretch in the 2023 Louisiana Derby at Fair Grounds, with eventual winner Kingsbarns (right, orange and purple jockey silks) controlling the pace on the lead. (Lou Hodges, Jr. /Hodges Photography)

The first two 200-point races on the Road to the 2024 Kentucky Derby Presented by Woodford Reserve will be held this weekend, meaning it is now or never for many of the 3-year-olds competing in the Twinspires.com Louisiana Derby at Fair Grounds. The Louisiana Derby at 1 3/16-miles is the longest stateside prep race for the Kentucky Derby, just a sixteenth of a mile shorter than they will be asked to run on Derby day, and the \$1 million race drew a field of 12 3-year-olds. Read five questions that must be answered in the 2024 Louisiana Derby from *America's Best Racing* [here](#).

Jeff Ruby Steaks Adds Sizzle to Big Turfway Card

\$700,000 race has produced horses that have done well in the Kentucky Derby



The grey colt Noted will compete in the \$700,000 Jeff Ruby Steaks (G3) at Turfway Park, a race that awards 100 Kentucky Derby (G1) points to the winner. (Gulfstream Park photo)

Amerman Racing's El Camino Real Derby winner Endlessly will ship more than 2,000 miles from his Southern California base to Florence, Ky. and face a large field of 14 3-year-olds in Saturday's 53rd running of the \$700,000 Jeff Ruby Steaks (G3), the marquee race of the Turfway Park season. More from Jennifer Morrison at the *Canadian Thoroughbred* [here](#).

Kentucky Derby Rankings by Steve Haskin

The Road to the Derby, March 18, 2024 – Week 9



"With the annual lull between the 50-point and 100-point races there isn't much to do other than see what we've got so far, check out the latest Future Wager, see what undiscovered gems may still be out there, make some sense of the speed ratings, and take a look at the prospective fields in the next three all-important weekends." ~ Steve Haskin. Read more at [Secretariat.com here](#).

Best of Bob

by ASD Historian Bob Gates

What \$1,500 claimer in 1970 – with the same grandfather as Secretariat – went on to win the 1971 Gold Cup? The dark bay gelding was Princequillo's paternal grandson; 1973 Triple Crown winner Secretariat happened to be Princequillo's maternal grandson. Bob explores the fascinating background of the Gold Cup winner [here](#) (from August 15, 2018).



Upcoming events at ASD

- Break Open Bonanza - Draws for Break-Open tickets - Monday to Friday - [more info](#)
- Lucky Spins - Draws for \$20 in free VLT Spins - Friday to Sunday - [more info](#)
- Pick an Easter Egg for a chance to win \$100 - Friday, March 29 to Sunday, March 31
- Good Friday, Friday, March 29 - VLTs open regular hours 10 a.m. to 1 a.m.
- Easter Sunday, Sunday, March 31 - VLTs open regular hours 10 a.m. to 1 a.m.
- Easter Brunch - Sunday, March 31 - **SOLD OUT**

Feedback

We would love to hear from you! Email your comments and/or suggestions to theinsidetrack@ASDowns.com.

The Inside Track Archives

Did you know that past issues of The Inside Track are available on our website? Click [here](#) to read them now.



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