# Love Handicapping: An Interview with Jennifer Ott



Jennifer Ott is a professional handicapper and the founder of Love Handicapping. She has been featured on ESPN, CBS Sports, and The Wall Street Journal. In this interview, she shares her insights on the art and science of handicapping.

### What is handicapping?

Handicapping is the process of trying to predict the outcome of a race or other sporting event. Handicappers use a variety of factors to make their predictions, including the past performances of the participants, the weather conditions, and the track conditions.

Love & Handicapping by Jennifer Ott



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### How did you get started in handicapping?

I started handicapping when I was a kid. My father was a big horse racing fan, and he would take me to the track with him. I loved watching the races and trying to figure out which horses would win.

### What are some of the most important factors to consider when handicapping a race?

There are a number of important factors to consider when handicapping a race, including:

- The past performances of the horses
- The weather conditions
- The track conditions
- The jockeys
- The trainers

### Can you give me some tips for handicapping races?

Here are a few tips for handicapping races:

- Do your research. The more you know about the horses, the better equipped you'll be to make accurate predictions.
- Don't be afraid to ask for help. There are a number of resources available to help you learn about handicapping, including books, websites, and forums.
- Start small. Don't bet more money than you can afford to lose.
- Have fun! Handicapping is a great way to enjoy horse racing and make some extra money.

### What are some of the challenges of handicapping?

There are a number of challenges to handicapping, including:

- The fact that there are so many factors to consider
- The fact that the outcome of a race is often unpredictable
- The fact that there is always the potential to lose money

### What advice would you give to someone who is just getting started in handicapping?

My advice to someone who is just getting started in handicapping would be to do your research, start small, and have fun. Don't be afraid to ask for help, and don't get discouraged if you don't win every race. Handicapping is a challenging but rewarding hobby, and it can be a great way to make some extra money.

### What are your thoughts on the future of handicapping?

I believe that the future of handicapping is bright. There are a number of new technologies that are being developed that are making it easier to handicap races. I also believe that there is a growing interest in handicapping, as more and more people are discovering the excitement of horse racing.

### Thank you for your time, Jennifer!

It was my pleasure. I hope this interview has been helpful.



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