

ONE TRACK TRAINERS USERS FAQ

Q. I've forgotten my username and/or password?

A. No problem. Please go to the [login screen](#) and click the 'forgotten password' link which is just below the login box. You'll need to enter your registered email address in the right hand box that appears, and an email will then be sent to that address reminding you of your details. If you're still having problems, email me on support@onetracktrainers.com

You can also edit your profile, including changing your password if you prefer, by heading to [Your Profile](#)

IMPORTANT

You should be automatically logged in for some time. The easiest way to access your members' area is to go to

www.onetracktrainers.com/member

If for whatever reason you are logged out you will be automatically redirected to the login page.

Q. Where are the selections posted?

A. The selections are in your members area under the 'Today's Selections' menu item. You can log into your members' area [here](#).

Q. When are the selections posted?

A. They will almost always be online by 10pm the night before. Usually it will be by 8pm most evenings.

Q. How many selections are there?

A. It varies from day to day, but the overall average is just over 1.6 a day. We are following trainers across all codes and the number of selections varies. For example November and December usually average 1 bet a day. You will see we have 4 FLAT only trainers who

generally run more horses so we can expect a slightly higher average during the summer months, but not by much.

Q. How should I bet them?

A. To some degree, this is up to you. I have been betting 1 point to win only however given the place strike rate you could back one point win at 9/2 or shorter (I don't bet below evens personally, though there are qualifiers at odds on from time to time), and half a point each way at 5/1 or bigger.

If you need to go to work/are out, feel free to take the best early price with a best odds guaranteed bookmaker. And don't worry about whether the starting price finishes up outside of the qualifying range. I have a few years of experience which tells me these things even themselves out almost to the penny over time. Sometimes we bet one we shouldn't, and sometimes we don't bet one we should. That's just the nature of the game.

Q. What about bank size?

A. My recommendation is to use a 100 point bank.

During live betting with my own money the longest losing run I encountered, since the start of July was 18. Given the % win strike rate we can expect to hit 1 losing run of 24 every 1000 bets. Given we only average 600 odd bets a year a 100 point bank should be more than enough to cover the odd losing run.

I also strongly advise paper trading, or betting to smaller than your normal stakes, in the early weeks until you're confident you understand how this works. Of course, how you bet is up to you, but the above is good general practice.

Q. How should I bet the bonus report selections?

A. That's entirely up to you. Whilst I think the bonuses are excellent quality, and I expect them to make handsome profits over the course of the year, they don't form part of the main service and, as such, it's up to you if and how you bet them.

Personally they are all part of my portfolio and I will never give away a 'micro-system' that I do not back with my own money. I back the majority of selections to 1 point win or ½ point each way. Of course you can just use the information to help with your own form analysis.

Q. Will you be updating the results?

A. Yes, of course. Please don't expect them to be updated every day, though. You can expect an update roughly every seven to ten days. This is a year-long project, so checking in every five minutes adds no value.