

ERIN RYNNING Last Week: No Play

Game - Cleveland (Carmona) at Pittsburgh (Maholm) - Friday
BEST BET: #912 Under

Interleague play continues with a series few will be playing much attention to as the Indians visit Pittsburgh to battle the Pirates. The Indians expect to send the often embattled Fausto Carmona to the hill. Carmona has actually turned the corner this season sporting a 3.23 ERA. He's shown much more consistency with his sinking fastball, while his mechanics are finally holding firm. The big right-hander is off a fabulous complete game against Washington where he allowed just one run while striking out seven. Maybe more important is the fact that Carmona didn't walk anyone which as we know has always been an issue. Matched up against this weak hitting Pirates lineup, there is no reason to think he can't continue to roll. Meanwhile, Paul Maholm is slated to toe the rubber for the Pirates. We know that Maholm loves pitching in his home park as evident by his staggering home/road splits. Over the previous three years, the south-paw owns a 3.65 home ERA versus a 5.21 on the road. He should enjoy this soft hitting Indians club, especially their left-handers, as he shows tremendous right/left batting splits as well. Play this one under the total on Friday night.

ANDREW LANGE Last Week: No Play

Game - LA Angels (Weaver) at Chicago (Lilly) - Saturday
BEST BET: #953 Los Angeles

Now looks to be a great time to step in and fade Chicago's Ted Lilly who last Sunday held a no-hitter into the ninth inning of an emotional 1-0 win over the rival White Sox. Lilly has gone 7.2, 8.0 and 8.0 innings respectively over his last three starts. Prior to that, he had not gone beyond seven innings. And every game was an absolute nail-bitter with scores of 1-0, 3-2 and 3-2. He's a great arm but at some point there is going to be a letdown and I think that comes this weekend against the Angels. Los Angeles has always been one of the most dominant Interleague teams with a record of 132-104 entering the week. They swept the Dodgers last week and are playing their best baseball of the year (10-3 in June). They average over five runs per game on the road and have a much stronger lineup top to bottom when compared to the Cubs. Jered Weaver is expected to start and should have an immediate advantage with Chicago having never faced him. Weaver has posted weaker numbers on the road throughout his career but still owns a .622 winning percentage (28-17). Likely to see a small underdog price on the visiting Angels.

TEDDY COVERS Last Week: No Play

Game - Tampa Bay (Garza) at Florida (Robertson) - Friday
BEST BET: #920 Over

Both the Marlins and the Rays are scorching hot offensively right now, pounding out runs in bunches on a nightly basis. When these two teams played in Tampa last weekend, they produced 41 runs between them in the three game series, continuing a long term trend that has seen the Marlins and Rays play nine Overs in their last 13 games dating back to 2008. The Marlins have pounded out 41 runs in their last six ball games, while the Rays have scored six runs or more a whopping seven times in their last ten contests. Tampa's Matt Garza's season long numbers are rock solid, but he's been trending the wrong way for the better part of the last month. Garza has an ERA of 6.89 in his last four starts, while allowing thirty hits (including six ding-ers) and eleven walks in just 22.2 innings of work. The Marlins knocked him out of the box in the sixth inning last weekend. Florida's Nate Robertson is even more problematic; a bottom-tier starter barely holding onto his rotation spot, with only one quality start in his last six trips to the hill. Look for both squads to score runs in bunches here, sending this game flying over the total.

HELMUT SPORTS Last Week: Chicago (Loss)

Game - Tulsa at Minnesota - Friday
BEST BET: Over

Minnesota is the worst shooting team (38.9%) in the WNBA. Those struggled shouldn't be a surprise with Rebekkah Brunson coming in late and both Candice Wiggins and Seimone Augustus each missing a large part of the early schedule. These players represent a large part of the offense and have combined to average 44.5 ppg over their careers. There is reason for optimism with the recent return of Augustus, as the Lynx are now at full strength. The last two games the Lynx showed a little more offensive punch with 88- and 84-point efforts. With their slow start to the season we should have value with playing them over the total. Believe it or not the Tulsa Shock are playing at a faster pace than the Phoenix Mercury which means we should really get a fast paced game against the Lynx who also like to play up-tempo. Even though the Shock are not the best shooting team in the league they have already scored 90+ points on the Lynx twice in three games this season. Despite Minnesota head coach Cheryl Reeve's claim that the defense would be improve, her squad owns the worst field goal percent defense in the league. Play it over.

BRENT CROW Last Week: Milwaukee Over (Loss)

Game - Cleveland (Carmona) at Pittsburgh (Maholm) - Friday
BEST BET: #912 Under

Two of the worst offenses in baseball get together in this Interleague series as we project little to no offensive success, especially in Friday night's opener. This matchup features two solid starting pitchers that are currently in stellar form. For Cleveland, Fausto Carmona is enjoying a nice bounce back season after two injury plagued years. He's put up solid numbers in his 13 starts with a 1.25 WHIP and .237. With better run support, he would have more than five wins to go with his 3.23 ERA. He comes off a three-hit, one-run complete game win against the Nationals and has turned in quality starts in five of his last six outings. For the Pirates, Paul Maholm has gotten better and better this season. His April ERA was 4.26, which he lowered to 3.57 in May and now down to just 2.19 in June. He too has had quality starts in five of his last six outings. With the Pirates scoring just 3.24 runs per game and the Indians checking in at 4.23, both pitchers should have the upper hand. Play this game under the total.

MARTY OTTO Last Week: Toronto (Loss)

Game - San Francisco (Sanchez) at Toronto (Marcum) - Sunday
BEST BET: #906 Under

The Toronto Blue Jays may own some impressive overall offensive numbers but they aren't swinging the bat very well as we enter the new week. Yes they lead the league in home runs but their dirty little secret remains; if they aren't knocking the ball out of the park they aren't scoring. In 10 games prior to entering the new week the Jays had been stymied from an offensive standpoint scoring three runs or fewer nine times. They have been miserable against left handed pitching this season, averaging fewer than three runs per game against south-paws. Don't expect the bats to come alive against filthy left-hander Jonathan Sanchez. He has always had the stuff to be a dominant pitcher in this league and he finally looks to be putting it all together with a 1.15 WHIP, 2.82 ERA and strikeout per inning. We can also expect a low scoring day for the Giants as they face Shaun Marcum. Marcum has rolled through a very difficult schedule and will benefit greatly from a major step down in class from his typical AL East opposition. SF ranks 20th in home runs and 22nd in runs scored. They are routinely shut down by quality pitching which makes a play on the under an easy choice.

ROB VENO Last Week: Detroit Run-Line (Win)

Game - Arizona (Jackson) at Detroit (Galarraga) - Friday
BEST BET: #914 Under

This contest features a pair of starting pitchers who are currently in solid form. For Arizona's Edwin Jackson, it took awhile but he has now strung together four outings where his ERA is 2.83. Just as impressive is the fact that over the 28.2 innings span he has not allowed a home run. Prior to this turnaround, Jackson had given up 10 long balls in 61 2/3. It's very interesting to note the sheer dominance Jackson has displayed in his last three outings as he's thrown 24 innings and posted a 1.13 ERA & 0.88 WHIP. In fact, if you eliminate hitters paradises Wrigley Field and Coors Field, Jackson's 2010 road numbers would read 30 IP, 14 H, 3 ER, 0.90 ERA, 0.93 WHIP, 3-1 O/U. In this spot, Jackson returns to Detroit's spacious Comerica Park where he went 7-3 last season and had quality starts in nine of his first 11 outings. Detroit counters here with Galarraga who at home this season has yielded a .134 BA, .174 OBP, .207 SLG and .382 OPS. Look for the starters to dominate this one which should comfortably stay under the expected total of 9.

NEWSLETTER BEST BETS

Handicapper	Best Bet
Brent Crow	Pittsburgh Under
Teddy Covers	Florida Over
Rob Veno	Detroit Under
Erin Rynning	Pittsburgh Under
Marty Otto	Toronto Under
Helmut Sports	Minnesota Over
Andrew Lange	LA Angels
2010 Best Bet Record: 86-90 -13.0	

BASEBALL BEST BETS

HANDICAPPER OF YOUR CHOICE
 MLB Daily Plays \$25-\$39 each
 MLB Weekly Service \$99
 April Service \$399

1-800-575-3069

We recommend playing Best Bets with listed pitchers only unless otherwise noted. Some handicappers will use "TBA" which means the play is on/against one specific pitcher and the opposing starter does not matter. Same philosophy with totals. Plays will not be graded if a change occurs.