

To many people, being on television seems like it would be one of the best jobs in the world. Having the opportunity to travel, watch big games and races and meet superstar athletes are just a few of the perks that go along with being a television host, but there is also a lot of hard work and preparation that goes on behind the scenes.

One of the most popular TV programs in the Standardbred industry is "Post Time," a 30-minute show about harness racing at Dover Downs, Ocean Downs and Harrington Raceway. And it's hosted by one of the most popular and visible personalities in the industry, Heather Moffett.

Moffett grew up around harness racing; her grandparents were active within the industry and her mother was the first woman driver to win a race

at the Meadowlands. Long before becoming a TV host, she was following in her family's footsteps and heading toward an equine career.

"I remember going to the barn when I was a little girl," she said. "Just like anyone else, I worked my way from the bottom up."

In addition to being a television host, Moffett is a licensed trainer with real-life experience, which comes in handy on "Post Time" as she discusses harness racing with many of the top horsemen in the sport.

Moffett always knew she wanted to work with horses, but she didn't find her niche in the sport until 1998, when she began producing and hosting "Post Time." Since then the show has produced more than 650 episodes, and Moffett's industry experience and affable nature have made her popular with viewers

Lights, Camera, Action!

YB goes behind the scenes with TV host Heather Moffett | by David Gerad



and fans alike.

"I never planned on being on TV. I wanted to write and I studied journalism in school," she said. "But when the opportunity to spread the word and the excitement of harness racing came, I took advantage and I've absolutely loved doing the show for the last 13 years."

Moffett attributes the success of "Post Time" to the uniqueness of the show.

"We cover so much about harness racing that we even have fans who previously knew nothing about the sport," said Moffett. "It's a show unlike any other in the industry because I have the opportunity to ask any question that I want."

For kids who are considering a career in television or broadcast journalism, Moffett offered this advice. "If you want to be on TV, take classes, make it known and get involved now," she said. "If you want to have a leg up on everyone else, contact a TV station and shadow someone or befriend a trainer and work with or shadow them."

Moffett said she loves her job, and although it might look like she's always having a good time, being a television host isn't all fun and games.

"You have to be ready. You're not always going to please everyone and that can be very discouraging and damaging to your ego," said Moffett. "For me, it's worth it because I get to work within a sport I love and promote something I absolutely believe in."