

**Joseph Addai**

Height: 6-0 Weight: 205 College: LSU

Draft: 2006/1 (30) Born: 3-May-1983 Age: 26 Risk: Green

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2006	IND	16	226	1081	4.8	7	2	18.4%	5	276	4	286	62%	40	50	325	69%	8.1	1	-2.1%	35	38	30
2007	IND	15	261	1072	4.1	12	0	11.1%	16	222	5	257	54%	41	49	364	84%	8.9	3	43.5%	3	150	3
2008	IND	12	155	544	3.5	5	1	-1.3%	26	49	27	44	48%	25	39	206	64%	8.2	2	5.3%	22	40	29
2009	IND		175	687	3.9	4	2	-3.8%						37	54	276	69%	7.5	1	5.1%			

Through one and a half seasons of his career, Addai had won a Super Bowl and looked destined for stardom. After gaining 100 yards in four of his first seven games as the primary back in 2007, Addai has done so only twice in his past 24 games. In playoff losses to San Diego the past two seasons, Addai has totaled 87 yards on 29 carries. Last year's problems are easily ascribed to a lingering shoulder injury. His days as a first-round fantasy selection are over for now, as he'll split carries with first-round pick Donald Brown.

**Shaun Alexander**

Height: 5-11 Weight: 225 College: Alabama

Draft: 2000/1 (19) Born: 30-Aug-1977 Age: 32 Risk: N/A

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2006	SEA	10	252	896	3.6	7	5	-13.8%	44	-53	45	-37	43%	12	16	48	81%	4.0	0	-16.7%	--	-3	--
2007	SEA	13	207	716	3.5	4	2	-17.3%	46	-74	48	-91	38%	14	25	76	56%	5.4	1	-36.4%	58	-30	54
2008	WAS	4	11	24	2.2	0	0	-62.7%	--	-20	--	-15	27%	1	1	9	100%	9.0	0	83.4%	--	5	--

In 2005, he was the NFL MVP. Two years later, he was an injury-plagued disappointment who was essentially replaced by Julius Jones. After an 11-carry season in 2008, Alexander's just trying to catch on. "I think that if a team gave me a shot, I think that they would be so pleased," he told Bay Area radio station KNBR in May. "They would feel like they got a ticket to have somebody that could play really, really well for nothing. I think that would shock a lot of people." It would indeed, since he's lost most of the burst and acceleration that made him special once upon a time. Heavily reliant on a great offensive line even at his best, Alexander may find that it's time to hang it up.

**Marion Barber**

Height: 5-11 Weight: 218 College: Minnesota

Draft: 2005/4 (109) Born: 10-Jun-1983 Age: 26 Risk: Green

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2006	DAL	16	135	654	4.8	14	0	30.5%	1	257	6	250	56%	23	32	196	63%	8.5	2	-18.0%	49	-8	50
2007	DAL	16	204	975	4.8	10	1	18.0%	5	233	3	203	49%	44	55	282	82%	6.4	2	-12.5%	40	4	39
2008	DAL	15	238	885	3.7	7	3	-4.4%	35	43	30	31	41%	52	61	417	85%	8.0	2	4.3%	26	56	20
2009	DAL		217	883	4.1	8	2	0.9%						52	67	468	78%	9.0	2	13.7%			

Barber's cumulative statistics exaggerate the decline in his level of performance during his first year as the Cowboys' featured runner. Barber was afflicted by injuries twice over the course of the year that grossly affected the context he was playing in. First, Tony Romo's broken finger brought upon the plague of Brad Johnson and allowed teams to stuff the box with nine men on most downs; for those three games, the Dallas offense consisted of handing Barber the ball and seeing him spin and juke tacklers for gains of two or three yards that should have been losses of four or five. Romo's return helped, but in Week 13, Barber dislocated his pinkie toe and never really recovered, coming back for 15 yards on 13 carries over the final three weeks of the year. Barber's DVOA when healthy and with Romo in the lineup was -1.3%; with Romo out or after dislocating his toe, it was -14.9%. Even accounting for the time spent with Johnson, pro-rating his healthy stats to 16 games yields totals of just under 1,200 yards and 10 touchdowns. He'll always be an injury risk thanks to his bruising style, but when he's healthy, Barber is arguably the best offensive weapon Dallas has.

**Mike Bell**

Height: 6-1 Weight: 218 College: Arizona Draft: 2006/FA Born: 23-Apr-1983 Age: 26 Risk: Red

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2006	DEN	15	157	677	4.3	8	1	2.3%	21	77	24	108	51%	20	27	158	67%	7.9	0	8.6%	23	37	31
2007	DEN	5	6	3	0.5	0	1	-110.1%	--	-24	--	-22	33%	1	1	7	100%	7.0	0	76.8%	--	4	--
2008	NO	4	13	42	3.2	1	0	-4.5%	--	2	--	9	38%	1	2	14	50%	14.0	0	113.5%	--	10	--
2009	NO		44	153	3.5	1	2	-4.1%						6	7	57	86%	9.5	1	9.9%			

Bell looked good in very limited action as the Saints' No. 3 back last season. Now three years removed from a brief stint as the Broncos' featured back and two years removed from an aborted switch to fullback, Bell is no longer a serious prospect, but he's the only experienced back on the Saints roster after Reggie Bush and Pierre Thomas. His size and ability to play a little fullback make him a valuable bench player.

**Tatum Bell**

Height: 5-11 Weight: 213 College: Oklahoma State Draft: 2004/2 (41) Born: 2-Mar-1981 Age: 28 Risk: N/A

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2006	DEN	13	233	1025	4.4	2	3	-4.3%	31	36	30	52	41%	24	31	115	87%	4.8	0	-16.9%	48	-6	48
2007	DET	5	44	182	4.1	1	1	-5.5%	--	6	--	5	50%	14	21	63	67%	4.5	0	-46.4%	--	-35	--
2008	DEN	7	44	249	5.7	2	0	28.2%	--	67	--	76	48%	10	14	57	71%	5.7	0	-13.2%	--	0	--

Bell allegedly stole Rudi Johnson's luggage last September after Johnson replaced Bell on the Lions roster. Under the circumstances, Bell wasn't the best player to retain on a roster flooded with baggage-toting new arrivals at running back. Bell reportedly had an airport luggage carousel installed in the Broncos clubhouse to efficiently transport carry-ons and overnight bags to his secret workshop. He was seen walking around team headquarters wearing an "LaMont" lapel pin, a 2004 NFC Championship ring, and underwear clearly stenciled with "J.J., don't forget to change! Oma." When we called Bell to confirm the rumors, the voicemail said, "Hey, this is Knowshon. Leave a message." The reporter we sent to personally investigate the story cannot find his laptop. Bell's late-season numbers weren't bad, but Josh McDaniels didn't sign half the free-agent runners in America because he had confidence in Bell's abilities.

**Michael Bennett**

Height: 5-9 Weight: 209 College: Wisconsin Draft: 2001/1 (27) Born: 13-Aug-1978 Age: 31 Risk: Red

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2006	KC	11	36	200	5.6	0	1	19.2%	--	36	--	34	56%	9	12	77	83%	8.6	0	51.1%	--	52	--
2007	KC/TB	14	61	241	4.0	1	0	-5.1%	--	9	--	2	41%	15	22	101	68%	6.7	1	-30.7%	--	-18	--
2008	TB	5	7	12	1.7	0	0	-83.2%	--	-26	--	-21	57%	1	1	2	100%	2.0	0	-56.8%	--	-3	--
2009	SD		40	195	4.9	2	2	45.4%						8	10	79	80%	9.9	0	-3.7%			

Reportedly claimed by the Chargers on waivers specifically to keep him away from the Broncos, Bennett saw little action behind the combination of LaDainian Tomlinson and Darren Sproles. As a back with great straight-line speed but limited vision and agility, it's difficult to craft a role for Bennett in San Diego's running back rotation that doesn't interfere with the reps that are already earmarked for the guys ahead of him. The only way he'll see significant time is if someone gets hurt.

**Cedric Benson**

Height: 5-10 Weight: 215 College: Texas Draft: 2005/1 (4) Born: 28-Dec-1982 Age: 26 Risk: Green

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2006	CHI	15	157	647	4.1	6	0	7.9%	14	104	20	122	47%	8	10	54	78%	6.8	0	17.9%	--	18	--
2007	CHI	11	196	674	3.4	4	4	-17.0%	45	-67	44	-57	40%	17	27	123	63%	7.2	0	-20.6%	48	-10	45
2008	CIN	12	214	747	3.5	2	2	-12.6%	44	-35	45	-70	40%	20	26	185	77%	9.3	0	-2.9%	35	15	39
2009	CIN		227	839	3.7	3	3	-6.3%						41	55	318	75%	7.7	2	36.3%			

Benson was seemingly ticketed for Bustville alongside fellow Texas Longhorns Mike Williams and Johnny "Lam" Jones. He was bounced out of Chicago after BWI (boating while intoxicated) and resisting arrest charges (later dropped). Benson's unlikely redemption came at Paul Brown Stadium, where all manner of reprobates

are granted asylum. Like that of his team, Benson's strong finish is likely a mirage — he put up his two best games against the Browns (171 yards) and Chiefs (111 and a score), while scarcely denting the Ravens or Steelers defenses. Still, in a season when the Cincy rushing attack finished dead last in DVOA, Benson's toughness and ability to hold on to the damn ball made him look like Corey Dillon circa 2000. After failing to land Derrick Ward, the Bengals hastily re-signed Benson to a two-year deal. He'll be the starter by default, and likely a below-average one.

**Ladell Betts**

Height: 5-11 Weight: 223 College: Iowa Draft: 2002/2 (56) Born: 27-Aug-1979 Age: 30 Risk: Red

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2006	WAS	16	245	1154	4.7	4	4	11.6%	9	194	11	178	46%	53	64	445	69%	8.4	1	11.6%	19	107	11
2007	WAS	16	93	335	3.6	1	1	-13.9%	--	-21	--	-21	45%	21	32	174	66%	8.3	1	-6.3%	32	14	34
2008	WAS	13	61	206	3.4	1	1	-6.1%	--	7	--	-13	48%	22	35	200	63%	9.1	0	-1.4%	33	19	36
2009	WAS		139	649	4.7	6	2	9.7%						19	34	184	56%	9.7	1	-19.0%			

Someone's got to take the load off of Clinton Portis' shoulders, and Jim Zorn might look to Betts to do the job. He got more touches late in the season as Portis picked up various small injuries. One thing that would help his case is an increased effectiveness on second down — the Redskins ranked third in the NFL last year in running plays on second-and-long, and Betts' -16.0% DVOA on his 32 second-down rushing attempts won't do the job. Compare that to Portis' 20.9% DVOA on 138 second-down carries, and the temptation to overwork Mr. Portis starts to become evident.

**Lorenzo Booker**

Height: 5-10 Weight: 191 College: Florida State Draft: 2007/3 (71) Born: 14-Jun-1984 Age: 25 Risk: Red

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2007	MIA	7	28	125	4.5	0	0	16.3%	--	34	--	29	54%	28	36	237	78%	8.5	0	26.7%	9	85	12
2008	PHI	10	20	53	2.7	0	0	-24.7%	--	-12	--	-16	40%	6	10	11	60%	1.8	0	-75.2%	--	-34	--
2009	PHI		23	106	4.6	1	1	17.0%						20	29	193	69%	9.7	2	9.4%			

The Eagles traded a fourth-round pick for Booker during the weekend of the 2008 draft after failing to trade up and pick him the year before. He was expected to serve as the poor man's Brian Westbrook when Correll Buckhalter was unable to, but once the Eagles finally acquired him, they were disappointed with what they saw. Booker was inactive for six of the final eight games of the season, and did not show the same explosiveness that he did as a college back. It's worth noting that although he certainly has great acceleration, he had an unimpressive Speed Score of 96.5 coming out of the Combine, indicating that his athleticism might not play at the NFL level. He'll get one more chance to emerge this year, but with LeSean McCoy in the mix, he's likely the third back at best.

**Ahmad Bradshaw**

Height: 5-10 Weight: 198 College: Marshall Draft: 2007/7 (250) Born: 19-Mar-1986 Age: 23 Risk: Red

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2007	NYG	12	23	190	8.3	1	0	50.5%	--	59	--	45	61%	2	5	12	40%	6.0	0	-62.6%	--	-14	--
2008	NYG	15	67	355	5.3	1	2	-1.4%	--	20	--	-2	49%	5	6	42	83%	8.4	1	93.3%	--	25	--
2009	NYG		35	173	5.0	1	2	-8.9%						16	26	106	62%	6.6	1	-9.4%			

Bradshaw spent parts of August 2008 and February 2009 in jail after violating his probation, and although he had decent raw statistics, DVOA shows that his effectiveness as a runner was nowhere near that of Brandon Jacobs or Derrick Ward. His jailtime over the summer limited his ability to work on his pass blocking and receiving in training camp, and he's made little progress on this front since joining the league. Although it seems logical that his role will expand with the departure of Ward to Tampa Bay, expect Danny Ware to pick up most of Ward's carries, and if Andre Brown impresses, Bradshaw could very quickly be traded or released.

**Andre Brown**

Height: 6-0 Weight: 224 College: North Carolina State Draft: 2009/4 (129) Born: 15-Dec-1986 Age: 22 Risk: Blue

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2009	NYG		42	207	4.9	3	0	23.1%						6	8	59	75%	9.8	0	17.8%			

Brown had the best Speed Score (110.2) of any back in this year's class; it's no surprise that the Giants selected him, as they also drafted Brandon Jacobs, possessor of the best Speed Score in the ten years we've developed the metric for (123.5). Even better, he's not just a good athlete; he's a good receiver out of the backfield and is a stout pass blocker, so his game is NFL-ready. As a stout runner on the interior, expect him to do a lot of the work between the tackles at first while Danny Ware handles the sweeps that Derrick Ward used to run. He has the same injury issues that all the Giants backs seem to have, so he probably won't end up as a 300-carry back, but spotted properly, he'll be very good.

**Chris Brown**

Height: 6-3 Weight: 219 College: Colorado Draft: 2003/3 (93) Born: 17-Apr-1981 Age: 28 Risk: Red

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2006	TEN	5	41	156	3.8	0	1	-17.5%	--	-15	--	-8	41%	2	9	4	22%	2.0	0	-82.8%	--	-45	--
2007	TEN	12	102	462	4.5	5	1	13.8%	10	100	22	113	57%	19	21	128	90%	6.7	0	13.9%	--	32	--
2009	HOU		24	76	3.2	1	1	-3.4%						8	11	80	73%	9.9	0	-22.3%			

Brown usually gets hurt sometime in October, but last year he avoided the autumn rush and hit the PUP list in August with a herniated disk. Brown was cleared to play in March but was limited in OTAs. He and Ryan Moats are battling for the number-two job behind Steve Slaton, with Brown getting a look as a short-yardage back. Brown may be able to stay healthy on a three-carry-per week workload, but the Titans grew weary of deactivating Brown every Columbus Day, and the Texans will probably feel the same way soon.

**Donald Brown**

Height: 5-10 Weight: 210 College: Connecticut Draft: 2009/1 (27) Born: 11-Apr-1987 Age: 22 Risk: Yellow

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2009	IND		147	623	4.3	5	3	2.1%						42	62	349	68%	8.3	0	-6.8%			

Solid in his first two seasons, Brown exploded in 2008, averaging 5.7 yards per carry over 28.2 carries per game. That yielded 27.3 Points Over Expected (POE), the 12th-best figure in the nation. Like most rookies, Brown needs to work on his pass blocking; playing for the Colts, though, it's impossible to get reps unless you've leveled up your pass blocking attribute five or six times. That could lead to an arbitrage opportunity in fantasy, where Joseph Addai sees the bulk of the action for the first half of the season before Brown eats away at his carries over the second half.

**Ronnie Brown**

Height: 6-0 Weight: 232 College: Auburn Draft: 2005/1 (2) Born: 12-Dec-1981 Age: 27 Risk: Green

Year	Team	G	Runs	Yds	Yd/R	TD	FUM	DVOA	Rk	DYAR	Rk	YAR	Suc%	Rec	Pass	Yds	C%	Yd/C	TD	DVOA	Rk	DYAR	Rk
2006	MIA	13	241	1008	4.2	5	4	-8.3%	35	3	34	41	46%	33	38	276	63%	8.4	0	2.4%	30	40	28
2007	MIA	7	119	602	5.1	4	0	21.2%	2	156	11	194	51%	39	46	389	85%	10.0	1	52.0%	1	160	2
2008	MIA	16	214	916	4.3	10	1	5.1%	17	127	15	132	49%	33	43	254	77%	7.7	0	11.6%	19	57	19
2009	MIA		238	1131	4.8	7	4	1.6%						38	46	260	83%	6.8	1	12.4%			

Brown was the pointman in Miami's Wildcat, taking the snaps and making the reads that determined Steeler, Power, and Counter. Now that Pat White may take some of those snaps to freeze opposing safeties, Brown could see more carries in a traditional role after playing the committee with Ricky Williams in 2008. Draft-day trade rumors were likely bunk — the Dolphins know how pivotal Brown is to their offense. 2009 will be his contract year, his offseason conditioning regimen has been outstanding by all accounts, and consistent health seems to be the only thing standing between Brown and a great season.