

THIS WEEK

The Rams return travel to Arizona this week to take on the Arizona Cardinals in an NFC West showdown at University of Phoenix Stadium.

This week's contest is the second meeting between the teams this season and the 61st meeting between the teams all-time. The Rams lead the all-time series, 31-27-2, dating to 1937. The Rams and Cardinals previously played this season in Week 9 at the Edward Jones Dome in St. Louis.

The Rams have won seven of the last 13 meetings between the teams since Arizona joined the re-aligned NFC West in 2002.

Since the Rams relocated to the Gateway City in 1995, the Cardinals lead the series 8-7. The teams have met once in the postseason, with the Rams taking a 35-23 home victory in the 1975 NFC Divisional Playoffs.

Rams-Cardinals Results Since 2002

Date	Site	Result
11/3/02	Arizona	Rams, 27-14
12/15/02	St. Louis	Rams, 30-28
9/28/03	St. Louis	Rams, 37-13
11/23/03	Arizona	Rams, 30-27 (OT)
9/12/04	St. Louis	Rams, 17-10
12/19/04	Arizona	Cardinals, 31-7
9/18/05	Arizona	Rams, 17-12
11/20/06	St. Louis	Cardinals, 38-28
9/24/06	Arizona	Rams, 16-14
12/3/06	St. Louis	Cardinals, 30-24
10/7/07	St. Louis	Cardinals, 34-31
12/30/07	Arizona	Cardinals, 48-19
11/2/08	St. Louis	Cardinals, 34-13

A WIN OVER THE CARDINALS WOULD...

- Give the Rams a 3-10 record in the 2008 season.
- Give the Rams a 107-102-2 record in the month of December.
- Improve the Rams all-time record vs. Arizona to 32-27-2.
- Give the Rams a 8-8 record vs. Arizona since the Rams moved to St. Louis in 1995.
- Give the Rams a 8-6 record vs. Arizona since conference re-alignment in 2002.
- Give the Rams a 19-21 record against NFC West division opponents since conference re-alignment in 2002.
- Give the Rams a 46-65 road record since moving to St. Louis in 1995.
- Give Rams head coach Jim Haslett a 48-57 record as a head coach.
- Give Rams head coach Jim Haslett a 2-2 career record vs. Arizona.
- Give the Rams franchise 504 regular season victories.

TALE OF THE TAPE

2008 Regular Season	St. Louis	Arizona
Record	2-10	7-5
Divisional Standings	3rd (t)	1st
Points Per Game	13.3	28.1
Total Off. (NFL rank)	266.3 (28)	379.8 (3)
Rush Off. (NFL rank)	91.8 (27)	76.4 (32)
Pass Off. (NFL rank)	174.4 (28)	303.4 (2)
Points Allowed	30.0	26.0
Total Def. (NFL rank)	381.8 (29)	313.0 (10)
Rush Def. (NFL rank)	161.8 (30)	97.5 (13)
Pass Def. (NFL rank)	220.1 (22)	215.5 (17t)
Time of Possession Average	27:57	31:26
Sacks Made/Yards	21/144	25/161
Punt Return Avg. (NFL rank)	7.2 (25)	6.1 (28)
Kickoff Return Avg. (NFL rank)	21.6 (27)	22.7 (17)
Punt Coverage (NFL rank)	10.8 (25)	9.6 (18)
Kickoff Coverage (NFL rank)	24.7 (27)	25.0 (29)
Punts/Average	64/49.2	40/41.8
Interceptions By/Yards	6/109	10/170

2008 STAT LEADERS (STL/ARI)

Passing Leaders:	Comp.	Att.	Yards	TDs	INTs	Rating
Marc Bulger	172	303	1,828	7	11	67.1
Kurt Warner	323	472	3,741	24	11	99.4
Rushing Leaders:	Att.	Yards	Avg.	Long	TDs	
Steven Jackson	149	619	4.2	56t	4	
Edgerrin James	112	384	3.4	16	3	
Receiving Leaders:	Rec.	Yards	Avg.	Long	TDs	
Torry Holt	45	526	11.7	45t	2	
Anquan Boldin	78	942	12.1	79t	11	
Punting Leaders:	No.	Yards	Avg.	Net	Long	In20
Donnie Jones	63	3,130	49.7	40.7	63	17
Dirk Johnson	40	1,670	41.8	35.2	59	13
Field Goal Leaders:	FGM	FGA	Pct.	Long	Pts	
Josh Brown	23	27	85.2	54	81	
Neil Rackers	21	24	87.5	54	96	
Kick Return Leaders:	No.	Yards	Avg.	Long	TDs	
Dante Hall	37	763	20.6	41	0	
J.J. Arrington	25	674	27.0	93t	1	
Punt Return Leaders:	No.	FC	Yards	Avg.	Long	TDs
Dante Hall	9	1	93	10.3	34	0
Steve Breaston	27	9	166	6.1	22	0
Interception Leaders:	INTs	Yards	Long	TDs		
Oshiomogho Atogwe	4	91	43	0		
Karlos Dansby	2	47	34	0		
Adrian Wilson	2	37	28	0		
D. Rodgers-Cromartie	2	6	6	0		
Sack Leaders:	Sacks	Yards				
Leonard Little	4.5	22.5				
James Hall	4.5	35.5				
Bertrand Berry	5.0	27.0				

SERIES BY THE NUMBERS

Record vs. Arizona	Rams, 31-27-2
Last game	Cardinals 34, Rams 14 (2008)
Rams largest winning margin	32, Rams 46-14 (1985)
Cardinals largest winning margin	29, Cardinals 48-19 (2007)
Current series streak	Cardinals W4
Rams longest win streak	W6 (1979-87)
Cardinals longest win streak	W4 (1937-38, 2006-present)
Most points, Rams	46 (1985)
Most points, Cardinals	48 (2007)
Most points, both teams	68, Cardinals 41-27 (1988)
Fewest points, Rams	0 (1937, '41, '42)
Fewest points, Cardinals	0 (1939 - twice - '45, '79)
Fewest points, both teams	6, Cardinals 6-0 (1937)

CONNECTIONS

RAMS - Executive Vice President and General Counsel **Bob Wallace** served as a training camp assistant for the St. Louis football Cardinals at the age of 14 and later began his professional career with the Cardinals as legal counsel and chief contract negotiator while representing the St. Louis law firm of Guilfoil, Petzall and Shoemake from 1981-1991...**Ron Milus**, assistant secondary coach, was the defensive backs coach for the Cardinals in 2003...Special teams coach **Al Roberts** coached in the same capacity for the Cardinals from 1994-95...**S Corey Chavous** was selected in the second round (33rd overall) of the 1998 NFL Draft by the Cardinals, playing for the club through 2001...**G Richie Incognito** played at Mountain Ridge High (Glendale, Ariz.)...**Mel Foels**, scout, was the defensive coordinator at Arizona State from 1990-91...Rams radio color commentator **Jim Hanifan** began his professional coaching career as offensive line coach for the St. Louis Cardinals from 1973-78. Hanifan became head coach of the Cardinals and directed them from 1980-85 and later returned to coach the Rams offensive line from 1997-2003 before retiring from coaching...**LB Will Witherspoon**, the son of a retired military officer, lived for a period of time in Phoenix, Ariz...**T Brandon Gorin** (reserve/injured) spent the 2006 season with the Arizona Cardinals after being traded from New England...Offensive line coach **Steve Loney** served in the same capacity for the Cardinals in 2006 and as the assistant offensive line coach in 1993. His daughter Kylan was an All-Pac-10 Conference honoree and four-year starter on the Arizona State women's basketball team.

CARDINALS - The Arizona Cardinals were located in **St. Louis** from 1960-87 before moving to Phoenix, becoming the Phoenix Cardinals and then the Arizona Cardinals in 1994...**Michael Bidwell**, president, is a native of St. Louis and attended St. Louis University...Chief Financial Officer **Adrian Bracy** joined the Cardinals in 2007 after spending 11 years with the Rams as vice president of finance...**Jeff Herndon**, assistant athletic trainer, is a native of Hallsville, Mo., and attended the University of Missouri (Columbia, Mo.)...**Mark Alheimer**, equipment manager, is a native of St. Louis, Mo., attending Florissant Valley College in St. Louis...**Jerry Hardway**, scout, played fullback and tight end before graduating from Southern Illinois University (Carbondale, Ill.)...**DE Bertrand Berry** spent the 2000 training camp with the Rams...**LS Nathan Hodel** played collegiately at the University of Illinois (Champaign, Ill.) and attended Belleville East High in Belleville, Ill...**K Neil Rackers** played collegiately at Illinois and is a native of St. Louis, attending St. Thomas Aquinas-Mercy High...**QB Kurt Warner** played for the Rams 1998-2003, earning NFL MVP honors in 1999 and 2001...**Ron Wolfley**, radio analyst, was a running back for the Rams in 1995...**Jeff Rutledge**, quarterbacks coach, was a ninth-round draft pick of the Rams, playing for the team 1979-81...Scout **Dave Razzano** joined the Cardinals in 2007 after spending 14 years with the Rams in their scouting department as a college scout...**DE Bryan Robinson** originally entered the NFL in 1997 as a rookie free agent with the St. Louis Rams out of Fresno State.

THE LAST TIME

Edward Jones Dome, November 2, 2008 (61,303) - The Rams faced visiting NFC West division rivals the Arizona Cardinals, falling by a final score of 34-13. WR Derek Stanley recorded his first NFL career reception on an 80-yard touchdown pass from QB Marc Bulger. DT La'Roi Glover played in his 183rd consecutive game, the sixth longest streak among active players. WR Torry Holt recorded a catch in the 145th consecutive game that he has played. The Rams honored former head coach Dick Vermeil by unveiling his name in the Ring of Honor in a halftime ceremony. The Rams opened the scoring on the first play of their second drive with an 80-yard Bulger touchdown pass to Stanley. In the second and third quarters, the Cardinals managed to score four times to make the score 31-7 going into the final quarter of play. In the fourth quarter, Bulger connected with Holt in the endzone for a 3-yard touchdown pass. However, after a failed two-point conversion, the Cardinals managed to come back down field for a final scoring drive, ending with a K Neil Rackers field goal for the final score of 34-13.

Rams Leaders:

Passing:	Comp.	Att.	Yards	TDs	INTs	Rating
M. Bulger	29	39	450	3	2	116.4
Rushing:	Att.	Yards	Avg.	Long	TDs	
S. Jackson	10	29	2.9	20t	1	
Receiving:	Rec.	Yards	Avg.	Long	TDs	
T. Holt	7	116	16.6	44t	2	

Jets Leaders:

Passing:	Comp.	Att.	Yards	TDs	INTs	Rating
C. Pennington	21	36	181	1	0	80.9
Rushing:	Att.	Yards	Avg.	Long	TDs	
C. Martin	28	153	5.5	20	0	
Receiving:	Rec.	Yards	Avg.	Long	TDs	
J. McCareins	6	62	10.3	17	0	

REMEMBERING GEORGIA



For the 2008 season, the Rams are one of two teams in the NFL wearing patches on their uniforms in memory of their owners. The Rams wear a special commemorative patch on their jerseys for their late owner Georgia Frontiere. The simple and classic patch design is a blue football that features Georgia's distinguished signature written in gold. It is strategically affixed on the left chest of each jersey.

Georgia, a native to St. Louis, was recognized as one of America's most accomplished business-women and an exemplary humanitarian. She led the Rams for 29 seasons continually sharing her courage, passion and commitment to the team on and off the field. The Rams Foundation, a dream of Georgia's from the moment she announced the franchise was relocating, has donated more than \$6 million in grants, merchandise and tickets to charities in the St. Louis area since the foundation was created in 1997.

The Kansas City Chiefs also wear a patch to pay tribute to their late owner, Lamar Hunt.

WHAT TO LOOK FOR THIS WEEK

- With a catch this week, **WR Torry Holt** will have a reception in 150 consecutive games, the fourth longest streak among active NFL players and the 11th all-time.
- **WR Torry Holt** needs two receptions to pass Irving Fryar (851) for 12th on the NFL's all-time receptions list.
- **DT La'Roi Glover** will play in his 188th consecutive game, sixth-longest streak among active players.
- **DE Leonard Little** needs a half sack to reach 80 career sacks.
- **S Oshiomogho Atogwe** needs one interception to tie Dick (Night Train) Lane, Jack Pardee and Monte Jackson (17) for 19th on the Rams all-time interceptions list.
- With one point, **RB Steven Jackson** will pass Danny Villanueva (243) for 20th on the Rams all-time scoring list. With eight points, Jackson will pass Tom Fears (249) for 19th on the all-time scoring list and with 11 points Jackson will pass Dick Bass (252) for 18th on the all-time scoring list.
- **RB Steven Jackson** needs 51 receiving yards to pass Jon Arnett (1,911) for 22nd on the Rams all-time receiving yards list.

LIKE A GLOVE(R)



Last week vs. Miami, DT La'Roi Glover played in his 187th consecutive game, the sixth longest streak among active players in the NFL. Ironically, the 13-year veteran began the streak against the St. Louis Rams in 1998 while playing for the New Orleans Saints (11/15). That game, Glover made eight tackles (seven solo), 3.0 sacks and one forced fumble.

Glover is in his third year with the Rams and is one of the NFL's active sack leaders. He ranks fifth among active players, first among defensive tackles, with 83.0 career sacks. In 2007, Glover ranked second on the Rams with 6.0 sacks, his highest single-season total since posting 7.0 sacks in 2004 while he played for Dallas.

Glover led the NFL with 17.0 sacks in 2000, the second-highest mark in NFL history among defensive tackles, trailing only Minnesota's Keith Millard's 18.0 sacks in 1989.

Consecutive Games Played Among Active Players

	Player (Team)	Games
1.	Brett Favre (NYJ)	267
2.	Derrick Brooks (TB)	220
3.	Kevin Carter (TB)	220
4.	Ethan Albright (WAS)	204
5.	Jon Runyan (PHI)	197
6.	La'Roi Glover (STL)	187

LAST GAME

Edward Jones Dome, November 23, 2008 (61,994) - The Rams played their second consecutive home game as they hosted the Miami Dolphins in a Week 13 matchup, falling by a final score of 16-12. WR Torry Holt (850) recorded three receptions to pass Rod Smith (849) for 13th on the NFL's all-time receptions list and continuing his streak of 149 consecutive games with a reception, the fourth longest streak among active NFL players and the 11th all-time. DT La'Roi Glover played in his 187th consecutive game, sixth longest streak among active players. RB Steven Jackson totaled 110 all-purpose yards passing Cullen Bryant (6,734) for ninth on the Rams' all-time all-purpose yards list. LB David Vobora made his first career NFL start, recording 10 tackles. Vobora was the first "Mr. Irrelevant" to start a game in his rookie season since 1994, when Marty Moore made four starts at linebacker for the New England Patriots. S Oshiomogho Atogwe forced two fumbles giving him a team-leading seven forced fumbles this season. WR Dane Looker tallied six receptions, the second-most in his career. The Rams got on the board on the opening drive of the game with a 23-yard K Josh Brown field goal. After forcing the Dolphins to punt on the following drive, the Rams posted a second Brown field goal to go into the second quarter leading 6-0. The Dolphins took the lead for the first time when RB Ronnie Brown ran in for a 3-yard touchdown. The Rams retaliated by posting a third field goal, which was answered with a Dolphins field goal to give them a 1-point lead going into the half, 10-9. In the second half of play, the two teams exchanged field goals again, but the Dolphins were able to secure the lead with a final field goal to bring the score to 16-12.

Rams Leaders:

Passing:	Comp.	Att.	Yards	TDs	INTs	Rating
M. Bulger	16	35	149	0	3	22.2
Rushing:	Att.	Yards	Avg.	Long	TDs	
S. Jackson	21	94	4.5	13	0	
Receiving:	Rec.	Yards	Avg.	Long	TDs	
D. Looker	6	52	8.7	16	0	

Dolphins Leaders:

Passing:	Comp.	Att.	Yards	TDs	INTs	Rating
C. Pennington	13	23	166	0	0	79.3
Rushing:	Att.	Yards	Avg.	Long	TDs	
R. Williams	12	54	4.5	10	0	
Receiving:	Rec.	Yards	Avg.	Long	TDs	
D. Bess	6	84	14.0	37	0	

THE HEAD COACHES



JIM HASLETT

NFL Coaching Year: 16
Rams Head Coach: 1
Regular Season Record: 47-57
Postseason Record: 1-1

Jim Haslett was appointed head coach on Sept. 29, 2008, replacing Scott Linehan, who was dismissed.

Haslett joined the Rams in 2006, serving as defensive coordinator until his appointment as head coach. In 2007, the Rams rushing defense ranked 20th in the NFL (115.3 yards per game), jumping 11 spots after finishing 2006 ranked 31st in the league. The Rams also nabbed 18 interceptions, the most since 2003.

Prior to joining the Rams, Haslett was head coach of the New Orleans Saints for six seasons. His 45-win total was second in team history. Haslett earned *Associated Press* Coach-of-the-Year honors in 2000 after leading the Saints to the only postseason victory in franchise history.

Haslett coordinated defense for the Pittsburgh Steelers from 1997-99. Haslett came to the Steelers from the Saints, for whom he was linebackers coach in 1995 and defensive coordinator in 1996.

Haslett has also had coaching stints with the Los Angeles Raiders, the Sacramento Surge of the World League of American Football and the University of Buffalo.

Haslett played eight seasons with the Buffalo Bills, earning *Associated Press* NFL Defensive Rookie of the Year honors in 1979 and All-Pro honors in 1981. He finished his playing career in 1987 with the New York Jets.

A four-time All-America selection at Indiana University in Pennsylvania, Haslett was recognized with induction into the College Football Hall of Fame in 2001.

JIM HASLETT, AT A GLANCE

2008-	St. Louis Rams	Head Coach
2006-08	St. Louis Rams	Defensive Coordinator
2000-05	New Orleans Saints	Head Coach
1997-99	Pittsburgh Steelers	Defensive Coordinator
1996	New Orleans Saints	Defensive Coordinator
1995	New Orleans Saints	Linebackers
1993-94	Los Angeles Raiders	Linebackers
1991-92	Sacramento Surge (WLAF)	Defensive Coordinator
1989-90	University of Buffalo	Defensive Coordinator
1988	University of Buffalo	Linebackers



KEN WHISENHUNT

NFL Coaching Year: 12
Patriots Head Coach: 2
Regular Season Record: 15-13
Postseason Record: 0-0

Ken Whisenhunt became an NFL head coach for the first time when hired by Arizona on Jan. 14, 2007.

Whisenhunt led the Cardinals to an 8-8 record in his first season in Arizona, the first coach to do that since 1994.

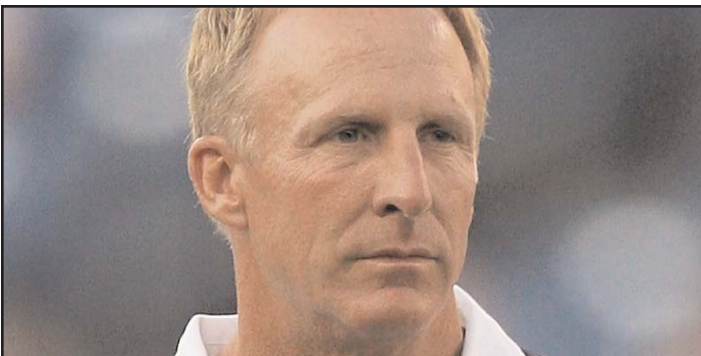
Whisenhunt came to the Cardinals with 10 years of experience as an NFL assistant coach and also played nine seasons in the league as a tight end. Whisenhunt spent the previous six seasons as an assistant coach on Bill Cowher's staff with the Pittsburgh Steelers, the first three as tight ends coach and the last three as offensive coordinator. Whisenhunt took over as Pittsburgh's offensive coordinator in 2004, the same year the team drafted quarterback Ben Roethlisberger, who went on to set an NFL record with wins in his first 13 career starts en route to Offensive Rookie of the Year honors. The next season he became the youngest quarterback in NFL history to win a Super Bowl and finished third in the league in passer rating (98.6). Whisenhunt joined the Steelers in January of 2001 as tight ends coach.

Whisenhunt previously coached at the pro level with the New York Jets (tight ends, 2000) Cleveland Browns (special teams, 1999) and Baltimore Ravens (tight ends, 1997-98). He began his coaching career in the collegiate ranks with Vanderbilt for two seasons (1995-96).

Whisenhunt was selected in the 12th round of the 1985 NFL Draft by the Atlanta Falcons out of Georgia Tech. He went on to play nine NFL seasons with the Falcons (1985-88), Washington Redskins (1989-90), and New York Jets (1991-93).

KEN WHISENHUNT, AT A GLANCE

2007-	Arizona Cardinals	Head Coach
2004-06	Pittsburgh Steelers	Offensive Coordinator
2001-03	Pittsburgh Steelers	Tight Ends
2000	New York Jets	Tight Ends
1999	Cleveland Browns	Special Teams
1997-98	Baltimore Ravens	Tight Ends
1995-96	Vanderbilt University	Special Teams/ Tight Ends



NEW COACHING FACES

The Rams have added some new faces to the coaching staff in 2008:



Al Saunders, Offensive Coordinator

Saunders brought one of the most innovative offenses in the NFL back to St. Louis as offensive coordinator. Saunders is in his second stint with the Rams, after spending the past two seasons with the Washington Redskins as associate head coach/offense.

Saunders served as associated head coach/wide receivers coach from 1999-2000, helping the Rams to a Super Bowl title in 2000.

Prior to joining the Redskins, Saunders spent 2001-2005 with the Kansas City Chiefs as assistant head coach/offensive coordinator under Head Coach Dick Vermeil. He previously served a 10-year stint with the Chiefs as assistant head coach/wide receivers coach under then head coach Marty Schottenheimer from '89-98.

In his first stint with the Rams, the team paced the NFL in 1999 with 6,412 yards of total offense, good for a remarkable 400.8 ypg average. St. Louis also led the league in passing offense with 272.1 yards per game and topped the NFL in scoring by averaging 32.9 points per contest. The 526 total points amassed by the '99 squad ranked as the fourth-highest tally in NFL annals.

In 2000, Saunders was part of a St. Louis coaching staff which helped the Rams score 540 points (33.8 ppg), the third-highest single-season total in NFL history. The club also led the league with an NFL-record 442.2 yards of total offense per game and paced the NFL in passing offense (327.0 ypg) for the second straight season, setting another league record in the process. St. Louis amassed 7,075 yards of total offense and 5,232 passing yards, breaking the previous marks established by the '84 Miami Dolphins.



Art Valero, Assistant Head Coach/Running Backs

Art Valero is in his first season with the Rams, serving as assistant head coach/running backs coach, after spending the last six seasons with Tampa Bay. Valero inherits a backfield that features one of the best running backs in the NFL, Steven Jackson, who accrued his third consecutive 1,000-yard rushing season in 2007.

Prior coming to St. Louis, Valero was the assistant head coach/running backs coach for the Buccaneers from 2006-2007. He also spent two seasons (2004-2005) as running backs coach and two seasons (2002-2003) as the tight ends coach. In 2002, he earned a World Championship with the Buccaneers.

In 2007, under Valero's watch, Tampa Bay rushed for 1,872 yards, the most rushing yards for the Bucs since

2000. The team's 15 rushing touchdowns are the most since they scored 17 touchdowns in 2001. With injuries to Carnell Williams, Mike Alstott and Michael Pittman, Valero helped guide RB Earnest Graham to the best statistical seasons of his career, leading the team with 898 rushing yards with a team-high 10 rushing touchdowns despite sitting out the final two regular season games.

In 2005, Valero coached rookie sensation RB Carnell "Cadillac" Williams, who set a Buccaneer rookie record rushing for 1,178 yards and was named NFL Offensive Rookie of the Year.



Steve Loney, Offensive Line

Loney entered his first year with the Rams, bringing 30 years of coaching experience at the professional and collegiate levels to the offensive line. Prior to coming to St. Louis, Loney served as interim head coach for Drake University.

Before going to Drake, Loney was in the NFL ranks, coaching the offensive line with Arizona in 2006, and coaching Minnesota's offensive line from 2002-2004, before adding the offensive coordinator duties in 2005. While with Minnesota, the Vikings led the NFL in total offense in 2003, and set a team record for yardage in 2004. The Vikings led the NFL in rushing in 2002, and in 2004 QB Daunte Culpepper broke virtually every Vikings' passing record and posted the fourth-best passer rating in NFL history.



Terry Shea, Quarterbacks

Shea is in his first season tutoring quarterback for the Rams after spending 2007 with Miami in the same capacity.

Prior to Miami, Shea was the quarterbacks coach with the Kansas City Chiefs the last two years, his second stint with the club.

Under Shea's tutelage, quarterback Trent Green earned the second Pro Bowl berth of his career in 2005 as he threw for more than 4,000 yards and compiled a passer rating of over 90.0. In 2006, Damon Huard, who played in 10 games, starting eight of them in place of the injured Green, amassed a career-best 98.0 passer rating, the second-best mark in the NFL.

Before joining the Chiefs, Shea was the offensive coordinator with the Chicago Bears in 2004. Shea's first three seasons as Kansas City's quarterbacks coach (2001-03) coincided with the three most productive seasons of Green's career to that point. He started all 16 games each of those three seasons, and in 2003, tossed for more than 4,000 yards for the first time in his career and was selected to his initial Pro Bowl berth.

PROJECTED STARTERS

OFFENSE:

WR – Torry Holt: Seven-time Pro Bowl selection leads the NFL in receiving yards and receptions since 2000. Became the fastest player in NFL history to 11,000 receiving yards, reaching the feat in 131 games.

LT – Orlando Pace: Has played in 10 games with 10 starts at left tackle this season. Named to seven consecutive Pro Bowls from 1995-2005.

LG – Jacob Bell: Free-agent addition joined the Rams after spending first four seasons of his career with Tennessee. Bell has made 10 starts this season.

C – Brett Romberg: Fifth-year NFL veteran has started the last two contests after Nick Leckey was placed on reserve/injured with a foot injury. Romberg started nine games last season with the Rams.

RG – Richie Incognito: Veteran offensive lineman in his fourth NFL season. Has seen action at center and guard during his career. Has started all 12 contests in 2008.

RT – Alex Barron: Has started 55 of 56 games he has played in during his career. Starter at right tackle in each of the Rams 12 contests in 2008.

TE – Joe Klopfenstein: Has played in all 12 contests with seven-starts in 2008. Named the starting tight end prior to Week 6 contest at Washington, replacing Randy McMichael who was placed on the reserve/injured list.

WR – Donnie Avery: 2008 second-round draft choice (33rd overall), made his first career start in Week 4 vs. Buffalo. Second on the Rams with 499 receiving yards on 35 catches with two touchdowns.

QB – Marc Bulger: Two-time Pro Bowl selection ranks in the top five in Rams history in passing yards (third), completion percentage (second), passer rating (second), completions (third), attempts (third) and touchdown passes (fourth). Recorded his first 300-yard passing game of the season in Week 8 at New England.

TE – Anthony Becht: Former first-round draft choice in 2000 has played in all 12 games for the Rams with nine starts this season.

RB – Steven Jackson: Fifth-year player stands fifth on the Rams all-time rushing list with 4,838 yards. 2,334 yards from scrimmage in 2006 rank fifth in NFL history in a single-season.

SPECIALISTS:

LS – Chris Massey: In his seventh season in the NFL, all with the Rams. Has made clean snaps on 801 of 802 attempts, including a string of 528 consecutive clean snaps from 2002-06.

K – Josh Brown: Free agent addition joined the Rams after five seasons with NFC West rival Seattle. Kicked 49-yard game-winning field goal as time expired at Washington in Week 6. Has seven career game-winning field goals.

P – Donnie Jones: Joined the Rams in 2007 from the Miami Dolphins. In his first season with the Rams, Jones set team marks for single-season punting average (47.2-yards) and single-game punting average (56.0 yards vs. Arizona 10/7). Ranks first in the NFL in 2008 with a 49.7-yard average and broke his own single-game punting average record with a 56.2-yard average in Week 4 vs. Buffalo.

DEFENSE:

LDE – Leonard Little: Rams all-time sack leader since the statistic became official in 1982 with 79.5 career sacks. Tied for the team lead with 4.5 sacks this season.

UT – La'Roi Glover: Thirteen-year veteran has played in 187 consecutive games dating to the 1998 season. Ranks fifth among active players with 83 career sacks.

NT – Clifton Ryan: Second-year player earned the first start of his career in Week 4 vs. Buffalo and has started nine games this season. Played in all 16 games in 2007, totaling 48 tackles including 2.0 sacks.

RDE – Chris Long: No. 2-overall selection in the 2008 NFL Draft made four total tackles in his NFL debut at Philadelphia (9/7) and tallied sacks vs. the New York Giants (9/14), Buffalo Bills (9/28) and at New England (10/26). Leads NFL rookies with 4.0 sacks this season.

SLB – Quinton Culberson: Second-year player has played in all 12 games this season with seven starts. 46 tackles this season rank third among Rams linebackers. Only undrafted rookie to make the Rams opening day roster in 2007, playing in 14 games with one start.

MLB – Will Witherspoon: Eighty-three tackles in 2008 rank fourth on the team. Led the Rams with 132 tackles and seven sacks in 2007, becoming the first linebacker to lead the Rams in sacks since Kevin Greene had 10 sacks in 1992.

WLB – Pisa Tinoisamoa: Sixth-year veteran leads the Rams defense with 103 tackles in 2008. This season marks the first time since 2005 that Tinoisamoa has tallied 100-plus tackles in a season.

LCB – Ron Bartell: Leads the Rams defense with 13 passes defended, surpassing his previous career-high of 10 posted in 2007. Started 12 of 16 games played in 2007. Posted career high in tackles with 76.

RCB – Fakhir Brown: Veteran in his ninth NFL season and third with the Rams. Has tallied 33 tackles, eight passes defended and one interception in 10 games. 16 passes defended in 2007 led the Rams defense.

FS – Oshiomogho Atogwe: Recorded a 75-yard fumble return for a touchdown in Week 6 at Washington and has added four interceptions this season. Has four interceptions, six forced fumbles and two fumble recoveries in the past nine games. Led the NFC and ranked second in the NFL with eight interceptions in 2007.

SS – Corey Chavous: Eighty-four tackles in 2008 rank second among Rams defensive backs and ranks third on the team. Has played in 167 career games with 130 starts.



MR. IRRELEVANT



Rookie LB David Vobora made his first career start last week against Miami. Vobora finished second on the team with a career-high 10 tackles (three solo). Vobora, the final pick (252nd overall) in the 2008 NFL Draft, is known as "Mr. Irrelevant," the moniker given to the last player chosen in the draft.

Vobora is the first Mr. Irrelevant to start a game as a rookie since LB Marty Moore, Mr. Irrelevant 1994, started four regular season games and a postseason contest for the New England Patriots. Moore, the 222nd overall choice in the 1994 NFL Draft out of the University of Kentucky, made his first career start at Miami (9/4/94) and also started vs. Buffalo (9/11/04), at Cincinnati (9/18/04), at Chicago (12/24/04) and in the postseason at Cleveland (1/1/95).

Vobora made his NFL debut in Week 10 at the New York Jets, recording three tackles on special teams and filling in at middle linebacker when starter Will Witherspoon temporarily left the game due to injury.

Vobora was a gameday inactive in Week 1 at Philadelphia before spending seven games as a member of the Rams practice squad. Vobora made the Rams' opening-day 53-man roster, becoming the first "Mr. Irrelevant" since S Michael Green made the Chicago Bears roster in 2000.

VICTOR'S VICTIMS



DE Victor Adeyanju leads all defensive linemen and is fifth on the team with a career-high 60 tackles (28 solo) and 2.0 sacks. Adeyanju led Rams defensive linemen with seven tackles (four solo) last week vs. Miami, a week after he tied for the team lead with a career-high eight tackles (five solo) in Week 12 vs. Chicago.

In Week 10 at the New York Giants, Adeyanju led defensive linemen with seven tackles (three solo). In Week 9 vs. Arizona, he tied for the team lead among defensive linemen with seven tackles (four solo).

In Week 6 at Washington, Adeyanju made five tackles (three solo) and 1.0 sack.

In Week 4 against Buffalo, Adeyanju started at defensive end and tied for the lead among defensive linemen with seven tackles (two solo). In the season home opener against the New York Giants, Adeyanju got his first sack of the season, sacking QB Eli Manning for an 8-yard loss.

LINE OF PROTECTION

Against the Miami defense last week that features Joey Porter, second in the NFL in sacks, the Rams offensive line did not allow a sack. The game marked the first time the Rams have not allowed a sack since Week 14 at Cincinnati last season (12/9/07).

BIG PLAY O.J.



S Oshiomogho (O.J.) Atogwe has made four interceptions, forced five fumbles and made two fumble recoveries in the last nine games. Last week vs. Miami, Atogwe led the team with a career-high 13 tackles and one forced fumble. At the end of the third quarter, Atogwe forced TE David

Martin to fumble. The fumble was recovered by LB Quinton Culberson, giving the Rams possession, which led to a 38-yard field goal by K Josh Brown, cutting the Dolphins' lead to 13-12. Atogwe is second on the team with 88 tackles (58 solo). His four interceptions lead the team.

Against Chicago in Week 12, Atogwe tied for second on the team with seven tackles (four solo), two forced fumbles and one fumble recovery. In the second quarter, Atogwe forced RB Matt Forte to fumble and recovered the fumble to give the Rams possession. In the fourth quarter, Atogwe stripped FB Jason McKie and the fumble was recovered by CB Fakhir Brown, giving the Rams possession on their 5-yard line. Atogwe leads the Rams with six forced fumbles.

In Week 11 at San Francisco, RB Frank Gore broke a 37-yard run, but Atogwe punched the football out and CB Jason Craft recovered the fumble.

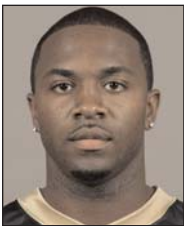
In Week 10 at the New York Jets, Atogwe tied for the team lead with 11 tackles (six solo). The tackle total is his second highest this season, as well as the second highest of his career. In the season opener at Philadelphia, Atogwe set a career high with 12 tackles (nine solo). In Week 9 against Arizona, he tied for third on the team with eight tackles (seven solo).

Atogwe continued his streak of causing turnovers at New England in Week 8. Atogwe made one interception, adding seven tackles (five solo). In the third quarter, Atogwe intercepted QB Matt Cassel and returned the ball 13 yards. The interception led to a 44-yard field goal by K Josh Brown to tie the game at 13.

Against Dallas in Week 7, Atogwe recorded a season-high two interceptions to go with his five tackles (three solo). In the third quarter, Atogwe intercepted QB Brad Johnson and returned the ball 16 yards. The turnover led to a K Josh Brown field goal to give the Rams a 34-7 lead. On the ensuing Dallas possession, Atogwe intercepted Johnson again, this time returning the ball 43 yards. The two interceptions marked the first time a Ram has had two interceptions in a game since Atogwe had two interceptions against Green Bay last season (12/16/07).

In Week 6 at Washington, Atogwe returned a Redskins fumble 75 yards for a touchdown near the end of the first half to give the Rams a 7-6 lead. The return marked Atogwe's first fumble recovery for a touchdown in his career, and the first fumble recovery returned for a touchdown by the Rams since DE Victor Adeyanju returned a fumble recovery 89 yards for a touchdown at Seattle (12/12/06). Atogwe added seven tackles (three solo) at Washington.

DONNIE'S BIG DAYS



WR Donnie Avery, 2008 second-round draft choice, recorded a career-high and led the team with nine receptions for a team-high 93 yards at San Francisco in Week 11. Avery's nine receptions tied for second most by a rookie in Rams' history, and the most by a Rams' rookie since RB Lamar Gordon caught 10 passes in a game in 2002.

Avery led all receivers with six receptions for a career-high 163 yards and one touchdown in Week 8 at New England. On the second play of the second quarter, Avery caught a career-long 69-yard touchdown pass from QB Marc Bulger to give the Rams a 10-7 lead.

Avery's 163 receiving yards mark the 11th-most receiving yards in the NFL this season, and were the most receiving yards by a rookie since Kansas City's Dwayne Bowe had 164 receiving yards on Sept. 30, 2007. Avery's performance also is the third-best for a rookie receiver in franchise history behind Eddie Kennison's 226 yards (12/15/96) and Jim Phillips 208 yards (11/16/58).

Top Single-Game Performances Among Rams Rookie WRs

Player	Date-Opp.	Rec.	Yards	Avg.	Long	TDs
E. Kennison	12/15/96-ATL	8	226	45.2	77t	3
J. Phillips	11/16/58-GB	8	208	26.0	93t	1
D. Avery	10/26/08-NE	6	163	27.2	69t	1

ROOKIE SENSATION

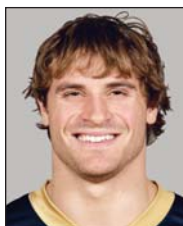
After seeing limited action in the first month of the season, Avery has played extensively in each of the Rams last eight contests, starting the last seven. After recording six receptions for 46 yards (7.7 yards/catch) in September, Avery's numbers have improved dramatically. In the last eight games, Avery has recorded 29 catches for 453 yards (15.6 yards/catch) with two touchdowns.

This season, Avery ranks third among rookie wide receivers in receptions (35) and receiving yards (499). Avery's 499 yards lead the Rams.

At Washington in Week 6, Avery recorded four catches for 73 yards (18.3-yard average), including a 43-yard catch on a third-and-13 from the St. Louis 41-yard line with 39 seconds remaining in the game to set up a Josh Brown game-winning field goal as time expired. The field goal gave the Rams their first win of the 2008 season.

Against Dallas in Week 7, Avery made four receptions for 55 yards (13.8-yard average) and tallied his first career receiving touchdown. The touchdown came on a 42-yard catch to tie the game at seven midway through the first quarter. The Rams would go on to win the game 34-14.

LONG ON TALENT



Rookie DE Chris Long leads the Rams with 12 quarterback pressures and his 4.0 sacks lead all NFL rookies. Long ranks third among Rams defensive lineman with 49 tackles (28 solo).

Long recorded a team-high three quarterback pressures last week vs. Miami, adding two tackles. The game vs. Miami featured Long, the No. 2-overall choice in the 2008 NFL Draft, matched up against the No.1-overall choice in the Draft, Miami LT Jake Long.

Long made four tackles (three solo) in Week 9 against Arizona, second most on the defensive line. The performance came a week after making two sacks and five tackles (three solo) at New England in Week 8. Long sacked QB Matt Cassel in the fourth quarter for a 7-yard loss, forcing New England to punt. Later in the fourth quarter, Long sacked Cassel again, this time for an 8-yard loss.

In Week 7 against Dallas, Long made three solo tackles, a week after finishing second among defensive linemen with four tackles (three solo) and adding one fumble recovery at Washington in Week 6.

Long tied for a defensive line high with seven tackles (two solo) and 1.0 sack in Week 4 against Buffalo. In the first quarter, Long sacked QB Trent Edwards for an 8-yard loss.

Starting at left defensive end at Seattle in Week 3, Long led the defensive line with a career-high eight tackles (six solo).

With the second overall pick in the 2008 NFL Draft, the St. Louis Rams chose Long from the University of Virginia. Long is the first defensive end drafted by the Rams in the first round since Grant Wistrom in 1998.

As a senior at the University of Virginia, Long started in 13 games and tied for third in the nation with 14.0 sacks as well as ranked 14th in the nation with 19 tackles for losses. Long was a unanimous All-America selection, and named ACC Defensive Player of the Year. He was also the recipient of the Ted Hendricks Award, which is given to the nation's top defensive end each year.

NFL Rookie Leaders / Sacks

Player/Team	Sacks	Yards
Chris Long/STL	4.0	34.0
Alex Hall/CLE	3.0	18.0
Trevor Scott/OAK	3.0	19.0

PISA MIND



LB Pisa Tinoisamoa leads the team with 103 tackles (65 solo). The tackle total marks the first time Tinoisamoa has eclipsed the 100-tackle mark since he made 134 tackles in 2005.

Last week against Miami, Tinoisamoa finished third on the team with nine tackles (six solo). In Week 12 vs. Chicago, he tied for the team lead with eight tackles (seven solo). In Week 10 at the New York Jets, Tinoisamoa made seven tackles (six solo), a week after he led the team against Arizona with 11 tackles (seven solo). The game marked his third double-digit tackle game of the season, 18th of his career.

In Week 8 at New England, Tinoisamoa tied for the lead among linebackers with seven tackles (three solo). In Week 7 against Dallas, he tied for the lead among linebackers with five tackles (four solo), a week after he tied a season-high with a team-high 13 tackles (eight solo), 1.0 sack and one forced fumble at Washington. Before halftime, Tinoisamoa forced G Pete Kendall to fumble. The fumble was returned for a touchdown to give the Rams a 10-7 lead at halftime. In the fourth quarter, Tinoisamoa sacked QB Jason Campbell for a 5-yard loss. The sack and forced fumble were the first of the season for Tinoisamoa.

Tinoisamoa led the team with a season-high 13 tackles (seven solo) in Week 4 against Buffalo. The 13 tackles marked the most by any Rams player this season, and the most for Tinoisamoa since he made 15 tackles (eight solo) at Baltimore last season (10/14).

In the season home opener against New York Giants, Tinoisamoa tied for the lead among linebackers with eight tackles (five solo), a week after leading the linebackers with seven tackles (five solo) in the season opener at Philadelphia.

HARD CORE(Y)



S Corey Chavous led all defensive backs with six tackles (five solo) at San Francisco in Week 11. He tied for the team lead with 11 tackles (eight solo), his second-highest tackle output this season, in Week 10 at the New York Jets. A week earlier vs. Arizona, he led defensive backs with nine tackles (six solo). At New England in

Week 8, Chavous finished second among defensive backs with seven tackles (five solo).

Chavous tied for the team lead with six tackles (three solo), one pass defensed, one forced fumble and one fumble recovery against Dallas in Week 7. At the end of the first quarter, Chavous stripped RB Marion Barber and recovered the fumble. The forced fumble and fumble recovery were the first of the season for Chavous.

At Washington in Week 6, Chavous made six tackles (three solo) and one pass defensed. In Week 3 at Seattle, Chavous tied for second on the team with eight tackles (four solo), a week after he led the team with a season-high 13 tackles (seven solo) against the New York Giants in the season home opener. The performance marked the most tackles for Chavous since he notched 12 tackles (10 solo) against Chicago in 2004 (9/26).

Chavous is ranked third on the team with 84 tackles (51 solo), four passes defensed, one forced fumble and one fumble recovery.

WHERE THERE'S A WILL...



Despite dealing with injuries this season, LB Will Witherspoon has started 11 of 12 games and ranks fourth on the team with 83 tackles (56 solo).

In Week 12 vs. Chicago, Witherspoon tied for second on the team with seven tackles (five solo). Witherspoon finished second on the team with nine tackles (seven solo) in Week 11 at San Francisco, a week after he made seven tackles (five solo), second among linebackers in Week 10 at the New York Jets. Witherspoon tied for third on the team with eight tackles (five solo) in Week 9 against Arizona.

In Week 8 at New England, he tied for the lead among linebackers with seven tackles (four solo), a week after he made his first interception as a Ram against the Dallas Cowboys in Week 7, adding five tackles (three solo). On Dallas' third possession of the game, Witherspoon intercepted QB Brad Johnson. The turnover led to a touchdown run by RB Steven Jackson to give the Rams a 21-7 lead. The interception was the eighth of Witherspoon's career.

At Washington in Week 6, Witherspoon was second among linebackers with seven tackles (five solo). Against Buffalo in Week 4, Witherspoon finished second on the team with eight tackles (six solo).

Witherspoon, who led the team in sacks last season, made his first sack of 2008 in Week 3 at Seattle. Witherspoon led the team with 12 tackles (eight solo) and 1.0 sack.

A week earlier against the New York Giants, he tied for the lead among linebackers with eight tackles (six solo). Witherspoon has led the team in tackles the past two seasons, posting a career-high 136 tackles (104 solo) in 2006, and 132 tackles (103 solo) in 2007.

RAMS LED BY FIVE CAPTAINS FOR '08

In a vote by Rams players, the team elected five captains for 2008. The team is led by two captains on offense, two on defense and one on special teams.

On offense, WR Torry Holt and QB Marc Bluger were elected captains. Holt, one of the best receivers in NFL history, is a seven-time Pro Bowler and is the fastest player in NFL history to reach 11,000 receiving yards (131 games) and 700 receptions for his career (125 games). Bulger, a two-time Pro Bowl selection, ranks third in Rams history in passing yards while his completion percentage and passer ranking stand second in team history.

The defense is led by LB Will Witherspoon and S Corey Chavous. Witherspoon has led the Rams in tackles in each of his two seasons with the team after joining the Rams in 2006. In 2007, Witherspoon led the Rams with a career-high seven sacks, becoming the first linebacker to lead the Rams in sacks since Kevin Green had 10 sacks in 1992. Chavous, an 11-year NFL veteran and former Pro Bowl selection, has played in 167 career games with 130 starts. In 2007, Chavous finished second on the team with 107 tackles and tallied a career-high 3.5 sacks.

S Todd Johnson captains the special teams. Johnson, who joined the Rams in 2007, has excelled on special teams throughout his career. Johnson, a six-year veteran, has tallied double-digit special teams tackles in each year that he played (He missed 2003 with an injury). In 2007, Johnson led the Rams with a career-high 23 special teams stops. The 23 stops were the most by a Ram since Trev Faulk totaled 24 in 2004.

MARC BULGER

PRECISION PASSER



QB Marc Bulger's 62.8 completion percentage ranks second in team history and is the eighth-best career completion percentage in the NFL among active QBs. In 2007, Bulger established a single-game career-high with an 81.8 completion percentage (27 of 33 passing) in Week 10 at New Orleans (11/11). Bulger threw for 302 yards and two touchdowns in the contest en route to earning NFC Offensive Player of the Week honors.

NFL Active Career Completion Percentage Leaders

Player (Team)	Att.	Comp.	Pct.
1. Chad Pennington (MIA)	2,283	1,497	65.6
2. Kurt Warner (ARI)	3,431	2,249	65.5
3. Peyton Manning (IND)	5,850	3,749	64.1
4. Drew Brees (NO)	3,486	2,232	64.0
5. Carson Palmer (CIN)	2,165	1,380	63.7
6. Daunte Culpepper (DET)	3,018	1,913	63.4
7. Tom Brady (NE)	3,653	2,301	63.0
8. Marc Bulger (STL)	2,787	1,750	62.8
9. Ben Roethlisberger (PIT)	1,779	1,116	62.7
10. Brian Griese (TB)	2,759	1,726	62.6

Rams Career Completion Percentage Leaders

Player (Years)	Att.	Comp.	Pct.
1. Kurt Warner (1998-2003)	1,688	1,121	66.4
2. Marc Bulger (2001-)	2,787	1,750	62.8
3. Vince Feragammo (1977-80, 1982-84)	1,288	730	56.7

FAST TO 20,000

Bulger threw for 295 yards in Week 11 at San Francisco to give him 20,293 passing yards for his career. Bulger surpassed 20,000 career passing yards in 81 games becoming the fifth-fastest quarterback to reach the milestone behind Dan Marino (74), Kurt Warner (76), Peyton Manning (78) and Daunte Culpepper (80).

TD MACHINE

This season, Bulger has thrown for seven touchdown passes, giving him 113 for his career. In 2007, Bulger surpassed Kurt Warner for fourth in Rams history in touchdown passes. Bulger passed Warner's 102 TD passes with a 12-yard scoring strike to WR Isaac Bruce in the second quarter of the Week 16 contest vs. Pittsburgh (12/20). Bulger would go on to throw for three touchdown passes, the highest touchdown total for the QB since he threw for four vs. Washington (12/26/06). With six touchdown passes Bulger will surpass Norm Van Brocklin for third on the Rams all-time passing touchdowns list.

Rams Career Touchdown Passes Leaders

Player (Years)	TDs
1. Roman Gabriel (1962-72)	154
2. Jim Everett (1986-93)	142
3. Norm Van Brocklin (1949-57)	118
4. Marc Bulger (2001-)	113
5. Kurt Warner (1998-2003)	102

ON THE MARC

Bulger saw his first action as a Ram in 2002, starting seven games, winning his first six. Since 2002, Bulger has proven to be one of the top quarterbacks in the NFL and has earned two Pro Bowl berths. Bulger's passer rating of 85.8 ranks 16th among active players in the NFL since 2002 and stands as the second-highest mark in Rams history.

Rams Career Passer Rating Leaders

Player	Att.	Comp.	Yards	TDs	INTs	Rating
1. Kurt Warner	1,688	1,121	14,447	102	65	97.2
2. Marc Bulger	2,787	1,750	20,453	113	85	85.8
3. Jim Everett	3,277	1,847	23,758	142	123	78.1

YARD WORK

Since 2002, Bulger's 20,453 passing yards rank seventh in the NFL among active QBs. The passing yards total also stands as the third-highest total in Rams history behind only the passing yardage totals of Jim Everett (1986-93) and Roman Gabriel (1962-72). Bulger needs 1,771 passing yards to move past Gabriel for second place in Rams history.

NFL Active Passing Yards Leaders Since 2002

Player (Team)	Yards
1. Peyton Manning (IND)	28,156
2. Brett Favre (NYJ)	25,736
3. Drew Brees (NO)	24,838
4. Tom Brady (NE)	23,597
5. Matt Hasselbeck (SEA)	21,381
6. Donovan McNabb (PHI)	20,888
7. Marc Bulger (STL)	20,453
8. Trent Green (STL)	19,188
9. Kerry Collins (TEN)	17,642
10. Jon Kitna (DET)	16,525

Rams Career Passing Yards Leaders

Player (Years)	Yards
1. Jim Everett (1986-93)	23,758
2. Roman Gabriel (1962-72)	22,223
3. Marc Bulger (2001-)	20,453

STEVEN JACKSON

ACTION JACKSON



RB Steven Jackson has eclipsed the 1,000-yard rushing mark three of the last four seasons. Through 12 games in 2008, Jackson has rushed for 619 yards. With at least 1,000 rushing yards this season, Jackson will be the first Rams' running back to have four consecutive 1,000-yard rushing seasons since Eric Dickerson (1983-86).

Consecutive 1,000-Yard Rushing Seasons In Rams History

Player	Seasons	Years
Eric Dickerson	4	1983-86
Marshall Faulk	3	1999-2001
Steven Jackson	3	2005-07

GATHERING STEAM

Jackson had one of the best performances of his career in Week 7 against Dallas. Jackson rushed 25 times for 160 yards and three touchdowns. He also caught two passes for 16 yards. His 160 rushing yards are the second most of his career, following only his 179 yards against Jacksonville (10/30/05). His 25 carries tied for the fifth most carries of his career, and were the most carries since he had 30 carries last season at Tampa Bay (9/23/07). Jackson tied his career high with three rushing touchdowns, previously accomplished at Minnesota (12/31/06). The Week 7 game vs. Dallas was the fourth time this season Jackson had eclipsed the 100-total yard mark.

Jackson's Top Rushing Performances

Yards	Date-Opp.	Att.	Avg.	Long	TDs
179	10/30/05-JAX	25	7.2	51	0
160	10/19/08-DAL	25	6.4	56t	3
150	12/24/06-WAS	33	4.5	21t	1

THE TOTAL PACKAGE

In 2008, Jackson is averaging 111.8 scrimmage yards per game, fourth in the NFL among players who have played in at least eight games. In Week 4 against Buffalo, Jackson rushed 24 times for 110 yards and one touchdown, while also leading the team in receiving, catching five passes for 78 yards. His 188 combined yards were the most for Jackson since gaining 252 total yards against Washington in 2006. In Week 7 vs. Dallas, Jackson totaled 176 yards on 160 yards rushing and 16 yards receiving. Jackson has gained over 100 total yards in five of the eight games he has played this season.

2008 NFL Scrimmage Yards/Game Leaders (minimum eight games)

Player	Team	Yards
1. Clinton Portis	WAS	117.9
2. Adrian Peterson	MIN	117.1
3. Matt Forte	CHI	110.6
4. Steven Jackson	STL	111.8
5. Frank Gore	SF	114.2

JACK OF ALL TRADES

Since becoming a full-time starter in 2005, Jackson has averaged 115.0 scrimmage yards per game. Jackson's 115.0-yard average ranks fifth in the NFL during that time period and stands fourth in the NFL among active players.

NFL Scrimmage Yards/Game Leaders Since 2005

Player (Seasons)	Team	Yards
1. Tiki Barber ('05-'06)	NYG	141.2
2. LaDarian Tomlinson ('05-'08)	SD	121.2
3. Larry Johnson ('05-'08)	KC	119.8
4. Brian Westbrook ('05-'08)	PHI	118.1
5. Steven Jackson ('05-'08)	STL	115.0

JAX IN THE BOX

Jackson has scored 30 rushing touchdowns since 2005, eighth in the league. His 13 rushing touchdowns in 2006 set a career high as well as moved him into seventh place in Rams' history for most rushing touchdowns in a single season.

NFL Rushing Touchdown Leaders Since 2005

Player	Teams	TDs
1. LaDarian Tomlinson	SD	67
2. Larry Johnson	KC	44
3. Shaun Alexander	SEA/WAS	38
4. Clinton Portis	WAS	36
5. Marion Barber	DAL	36
6. Maurice Jones-Drew	JAX	33
7. Brandon Jacobs	NYG	32
8. Steven Jackson	STL	30
9. Edgerrin James	IND/ARI	29
10. Rudi Johnson	CIN/DET	28

RUN, BABY, RUN

Since becoming a full-time starter in 2005, Jackson has gained 4,101 rushing yards, seventh in the NFL.

NFL Rushing Yards Leaders Since 2005

Player	Teams	Yards
1. LaDarian Tomlinson	SD	5,521
2. Larry Johnson	KC	4,663
3. Thomas Jones	CHI/NYJ	4,614
4. Clinton Portis	WSH	4,507
5. Willie Parker	PIT	4,497
6. Edgerrin James	IND/ARI	4,271
7. Frank Gore	SF	4,265
8. Steven Jackson	STL	4,101
9. Jamal Lewis	BAL/CLE	4,058
10. Willis McGahee	BUF/BAL	3,933

BY GROUND, BY AIR

RB Steven Jackson has evolved into a double threat out of the backfield. Since 2005, Jackson's 1,672 receiving yards are third in the NFL among running backs.

Since 2005, Jackson has caught 197 passes, the fourth-most receptions by a running back in the NFL. His 90 receptions in 2006 is tied for sixth in NFL history among running backs.

NFL Rec. Yard Leaders Among RBs Since 2005

Player	Team	Rec. Yards
1. Brian Westbrook	PHI	2,319
2. LaDainian Tomlinson	SD	1,724
3. Steven Jackson	STL	1,672

TORRY HOLT

MOVIN' ON UP...



WR Torry Holt continues to move up the NFL's all-time receiving ranks. Last week vs. Miami, Holt caught three passes for 30 yards, passing Rod Smith (849) for 13th place on the NFL's all-time receptions list. With two receptions against Arizona this week, Holt will pass Irving Fryar (851) for 12th place on the all-time list.

In Week 12 against Chicago, Holt gained a season-high 84 receiving yards on four receptions, passing Jimmy Smith (12,287) on the NFL's all-time receiving yards list.

In Week 8 at New England, Holt caught three passes for 28 yards. With an 11-yard reception in the third quarter, Holt passed Charlie Joiner (12,146) for 15th place on the NFL's all-time receiving yards list.

In Week 7 against Dallas, Holt made three receptions, passing Larry Centers (827) to move into 14th place on the NFL's all-time receptions list.

In Week 4 against Buffalo, Holt caught four passes, moving ahead of Hall of Famer Steve Largent (819) for 15th on the NFL's all-time receptions list.

In Week 3 at Seattle, Holt's four receptions moved him past Keyshawn Johnson (814), Henry Ellard (814) and Shannon Sharpe (815) into 16th place on the NFL's all time receptions list (816).

MODEL OF CONSISTENCY

Holt has caught at least one pass in 149 consecutive games that he has played, the fourth-longest streak among active players and the 11th all-time.

Most Consecutive Games Played With A Catch/Active

	Player	Games
1.	Marvin Harrison	187
2.	Terrell Owens	179
3.	Hines Ward	158
4.	Torry Holt	149

BIG GAME HOLT

Holt has played in 154 career games, averaging 80.5 receiving yards per game, the most receiving yards per game for any player in NFL history.

Most Receiving Yards Per Game In NFL History

Player (Team)	Games	Yards	Avg.
1. Torry Holt (STL)	154	12,390	80.5
2. Randy Moss (NE)	166	12,978	78.2
3. Marvin Harrison (IND)	187	14,449	77.3
4. Jerry Rice (SF)	303	22,865	75.6
5. Lance Alworth (SD)	136	10,266	75.5

...AND YOU SHALL RECEIVE

Holt has 850 career receptions, fifth most among active players. Since 2000, Holt has made 798 receptions, more than any player in the NFL.

Most Receptions Since 2000

	Player	Receptions
1.	Torry Holt	798
2.	Marvin Harrison	779
3t.	Derrick Mason	725
3t.	Tony Gonzalez	725
5.	Terrell Owens	712

YARDS GALORE

Holt has accumulated nearly 7 miles worth of receiving yards in his nine-year career. With 12,390 career receiving yards, Holt ranks fifth among active receivers in the NFL. Since 2000, Holt has 11,602 receiving yards, more than any player in the league.

Most Receiving Yards Since 2000

	Player	Rec. Yards
1.	Torry Holt	11,602
2.	Terrell Owens	10,579
3.	Marvin Harrison	10,308
4.	Randy Moss	10,252
5.	Derrick Mason	9,227

HOLT VS. RICE

Pro Football Hall of Fame wide receiver Jerry Rice is regarded as the best receiver ever to play in the NFL. Over the past nine seasons, Rams receiver Torry Holt has distinguished himself as one of the best receivers in the NFL. Holt entered 2008 having played in 142 career games. A comparison of Rice and Holt through 142 career games:

Rice vs. Holt Through 142 Career Games Played

T. Holt		J. Rice
805	Receptions	720
11,864	Receiving Yards	12,023
83.5	Receiving Yards/Game	84.7
14.7	Receiving Yards/Catch	16.7

QUICK TO 11,000

No other player in NFL history has reached 11,000 career receiving yards faster than Holt. In Week 5 last season against Arizona, Holt eclipsed the 11,000 career receiving yards mark in 131 games.

Fewest Games To 11,000 Career Receptions

	Player	Games
1.	Torry Holt	131
2.	Jerry Rice	133
3.	Marvin Harrison	137
4.	Randy Moss	141
5.	Michael Irvin	143

TORRY HOLT (CONT.)

DESIGN OF A DECADE

Rams WR Torry Holt is in his 10th year in the NFL and has been one of the most prolific pass catchers in NFL history. Last season, Holt led the team with 93 receptions for 1,189 yards and seven touchdowns. With a 1,000-receiving yard season in 2008, Holt would earn his ninth consecutive 1,000-receiving yard season, second only to Jerry Rice.

Most Consecutive 1,000-yard Seasons

	Player	Seasons
1.	Jerry Rice	11
2.	Tim Brown	9
3t.	Torry Holt	8
3t.	Cris Carter	8
3t.	Marvin Harrison	8

PRO BOWLING

In his nine NFL seasons, Holt has been named to the Pro Bowl seven times, and has earned the honor in each of the past five seasons. Only Marvin Harrison has had more Pro Bowl appearances than Holt among active receivers in the NFL.

Most Pro Bowl Appearances Among Active WRs

	Player	Pro Bowls
1.	Marvin Harrison	8
2.	Torry Holt	7
3t.	Randy Moss	6
3t.	Terrell Owens	6
5.	Chad Johnson	5

ON THE CHAIN GANG

When Holt catches the ball, it's usually for a first down. Since 2000, Holt leads the NFL with 549 first-down receptions. 68.8 percent of Holt's catches since 2000 have been for first downs.

Most First-Down Receptions Since 2000

	Player	Receptions
1.	Torry Holt	549
2.	Marvin Harrison	540
3.	Terrell Owens	495
4.	Derrick Mason	492
5.	Randy Moss	486

BIG GAINS FOR BIG GAME

Last season, Holt caught 93 passes for 1,189 yards and tied for 13th in the NFL with 10 receptions for more than 25 yards. Since 2000, Holt ranks fourth in the NFL in big plays with 89 receptions of 25 yards or more.

Most 25+-yard Receptions Since 2000

	Player	Receptions
1.	Terrell Owens	106
2.	Randy Moss	101
3.	Marvin Harrison	94
4.	Torry Holt	89
5.	Isaac Bruce	82

CENTURY MARK

In 2003 and 2005, Holt caught 117 and 102 passes respectively. With 100 catches this season, Holt would join Marvin Harrison and Jerry Rice (4) as the only players with three seasons with 100 receptions. On that list, Holt's 117 receptions in 2003 is second to only Rice's 122 grabs in 1995.

Most 100-catch Seasons

	Player	No. of Seasons
1t.	Jerry Rice	4 ('90, '94, '95, '96)
1t.	Marvin Harrison	4 ('99, '00, '01, '02)
3t.	Torry Holt	2 ('03, '05)
3t.	Anquan Boldin	2 ('03, '05)
3t.	Larry Fitzgerald	2 ('05, '07)
3t.	Randy Moss	2 ('02, '03)

HOLT VS. THE HALL OF FAME

There are 19 receivers in the Pro Football Hall of Fame. In their first 142 games in the league, none of the 19 Hall of Fame receivers had more receptions or receiving yards than Holt had in his first 142 games. How Holt rated against Hall of Fame wide receivers entering his 10th season:

Holt vs. Hall of Fame WRs Through 142 Games

Player	Rec.	Yards	Avg.	TDs
Torry Holt	805	11,864	14.7	71
Lance Alworth*	542	10,266	18.9	85
Raymond Berry	602	8,847	14.7	65
Fred Biletnikoff	461	7,257	15.7	61
Tom Fears**	400	5,397	13.5	38
Elroy Hirsch***	343	6,299	18.4	53
Michael Irvin	734	11,631	15.8	62
Charlie Joiner	389	7,160	18.4	41
Steve Largent	604	9,742	16.1	76
Dante Lavelli****	244	3,908	16.0	33
James Lofton	548	10,054	18.3	51
Don Maynard	532	10,061	18.9	83
Tommy McDonald	483	8,292	17.2	83
Bobby Mitchell	516	7,906	15.3	65
Art Monk	668	9,225	13.8	47
Pete Pihos*****	373	5,619	15.1	61
John Stallworth	462	7,736	16.7	60
Lynn Swann*****	336	5,462	16.3	51
Charley Taylor	594	8,341	14.0	76
Paul Warfield	401	8,185	20.4	80

* Alworth in 136 games

** Fears in 87 games

*** Hirsch in 103 games

**** Lavelli in 79 games

***** Pihos in 107 games

***** Swann in 115 games

ST. LOUIS RAMS / WEEK 13 / THROUGH MONDAY, DECEMBER 1, 2008

								No.	Yds	Avg	Long	TD				
WON 2, LOST 10																
09/07	L	3-38	at Philadelphia	69,144	Jackson	149	619	4.2	56t	4						
09/14	L	13-41	New York Giants	61,377	Pittman	72	257	3.6	24	0						
09/21	L	13-37	at Seattle	68,012	Darby LG	20	76	3.8	14	0						
09/28	L	14-31	Buffalo	61,017	Darby TM	20	76	3.8	14	0						
10/12	W	19-17	at Washington	90,376	Avery	8	58	7.3	37t	1						
10/19	W	34-14	Dallas	62,035	Bulger	11	43	3.9	16	0						
10/26	L	16-23	at New England	68,756	Minor	12	25	2.1	13	0						
11/02	L	13-34	Arizona	61,303	D. Hall	4	9	2.3	10	0						
11/09	L	3-47	at New York Jets	78,073	Leonard	2	7	3.5	5	0						
11/16	L	16-35	at San Francisco	67,573	Gado	2	4	2.0	3	0						
11/23	L	3-27	Chicago	61,994	Green	3	4	1.3	3	0						
11/30	L	12-16	Miami	61,046	Burton	1	0	0.0	0	0						
12/07			at Arizona		Kreider	1	0	0.0	0	0						
12/14			Seattle		TEAM	285	1102	3.9	56t	5						
12/21			San Francisco		OPPONENTS	403	1941	4.8	47t	21						
12/28			at Atlanta		* RECEIVING											
			St.L.	Opp.	Holt	45	526	11.7	45t	2						
TOTAL FIRST DOWNS			171	254	Avery	35	499	14.3	69t	2						
Rushing			61	120	Jackson	26	275	10.6	53	0						
Passing			97	119	Looker	20	235	11.8	30	2						
Penalty			13	15	Pittman	16	91	5.7	22	0						
3rd Down: Made/Att	50/158		60/146	Darby LG	12	117	9.8	30	0							
3rd Down Pct.	31.6		41.1	Darby TM	12	117	9.8	30	0							
4th Down: Made/Att	5/12		3/5	D. Hall	12	105	8.8	20	0							
4th Down Pct.	41.7		60.0	McMichael	11	139	12.6	31	0							
POSSESSION AVG.	27:57		32:03	Burton	9	124	13.8	28	0							
TOTAL NET YARDS	3195		4582	Stanley	5	113	22.6	80t	1							
Avg. Per Game	266.3		381.8	Minor	5	35	7.0	16	0							
Total Plays	702		755	Klopfenstein	5	26	5.2	14	0							
Avg. Per Play	4.6		6.1	Fells LG	4	44	11.0	26	0							
NET YARDS RUSHING	1102		1941	Fells TM	4	44	11.0	26	0							
Avg. Per Game	91.8		161.8	Becht	4	27	6.8	11	0							
Total Rushes	285		403	Bennett	1	4	4.0	4	0							
NET YARDS PASSING	2093		2641	Gado	1	-1	-1.0	-1	0							
Avg. Per Game	174.4		220.1	TEAM	211	2359	11.2	80t	7							
Sacked/Yards Lost	37/266		21/144	OPPONENTS	211	2785	13.2	90t	16							
Gross Yards	2359		2785	* INTERCEPTIONS												
Att./Completions	380/211		331/211	Atogwe	4	91	22.8	43	0							
Completion Pct.	55.5		63.7	F. Brown	1	16	16.0	16	0							
Had Intercepted	17		6	Witherspoon	1	2	2.0	2	0							
PUNTS/AVERAGE	64/49.2		51/44.6	TEAM	6	109	18.2	43	0							
NET PUNTING AVG.	64/40.3		51/37.7	OPPONENTS	17	353	20.8	50	3							
PENALTIES/YARDS	80/614		71/543	* PUNTING												
FUMBLES/BALL LOST	14/8		19/10	D. Jones	63	3130	49.7	40.7	3	17	63	0				
TOUCHDOWNS	13		41	J. Brown	1	20	20.0	20.0	0	1	20	0				
Rushing	5		21	TEAM	64	3150	49.2	40.3	3	18	63	0				
Passing	7		16	OPPONENTS	51	2273	44.6	37.7	9	17	62	0				
Returns	1		4	* PUNT RETURNS												
* SCORE BY PERIODS	Q1	Q2	Q3	Q4	OT	PTS										
TEAM	47	45	32	35	0	159	D. Hall	9	1	93	10.3	34	0			
OPPONENTS	103	124	37	96	0	360	Stanley	9	2	56	6.2	19	0			
* SCORING	TD	Ru	Pa	Rt	K	PAT	FG	S	PTS	TEAM						
J. Brown	0	0	0	0	12/12	23/27	0	81	81	OPPONENTS	47	6	508	10.8	60	0
Jackson	4	4	0	0		0	24	* KICKOFF RETURNS								
Avery	3	1	2	0		0	18	D. Hall	37	763	20.6	41	0			
Holt	2	0	2	0		0	12	Stanley	18	450	25.0	75	0			
Looker	2	0	2	0		0	12	Minor	7	155	22.1	34	0			
Atogwe	1	0	0	1		0	6	Avery	1	21	21.0	21	0			
Stanley	1	0	1	0		0	6	Looker	1	4	4.0	4	0			
TEAM	13	5	7	1	12/12	23/27	0	159	Wade	1	11	11.0	11	0		
OPPONENTS	41	21	16	4	40/40	24/25	0	360	TEAM	65	1404	21.6	75	0		
2-Pt. Conversions:	TEAM 0-1, OPPONENTS 1-1						OPPONENTS									
SACKS: J. Hall 4.5, Little 4.5, Long 4, Adeyanju 2, Craft LG 2, Craft TM 2, Manning 1, Moore 1, Tinoisamoa 1, Witherspoon 1, TEAM 21, OPPONENTS 37							* FIELD GOALS									
FUM/LOST: Bulger 5/4, Jackson 3/1, Looker 2/1, Darby (LG) 1/1, Darby (TM) 1/1, Minor 1/0, Pittman 1/0, Stanley 1/1							1-19 20-29 30-39 40-49 50+									
							J. Brown: (46G)(54G,54G)(43G,29G)(51N)(51G), 25G,44G,49G)(54N,52G,35G)(20G,44G,25G)() (37G) (48N,24G,48G,44G)(40N,43G)(23G,51G,33G,38G) OPPONENTS: (23G)(39G,33G)(28G,38G,38G)(45G,35G,45G)(38G)(46N)(30G,27G,41G)(36G,30G)(22G,49G,46G,55G)() (43G,38G)(37G,47G,42G)									

* PASSING	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	Long	Sack/Lost	Rating
Bulger	303	172	1828	56.8	6.03	7	2.3	11	3.6	80t	30/ 208	67.1
Green	72	38	525	52.8	7.29	0	0.0	6	8.3	53	6/ 58	41.7
Berlin	3	1	6	33.3	2.00	0	0.0	0	0.0	6	0/ 0	42.4
D. Hall	1	0	0	0.0	0.00	0	0.0	0	0.0	---	0/ 0	39.6
D. Jones	1	0	0	0.0	0.00	0	0.0	0	0.0	---	0/ 0	39.6
Looker	0	0	0	---	---	0	---	0	---	---	1/ 0	---
TEAM	380	211	2359	55.5	6.21	7	1.8	17	4.5	80t	37/ 266	61.7
OPPONENTS	331	211	2785	63.7	8.41	16	4.8	6	1.8	90t	21/ 144	98.8



ST. LOUIS RAMS 2008 SEASON DEFENSIVE STATISTICS



(based on coaches' video tape evaluations)

TACKLES	Total	Solo	Asst.	Sacks	Yards	Int	*PD	QB		*FR
								Press.	*FF	
Pisa Tinoisomoa.....	103	65	38	1.0	5.0	0	1	2	2	0
Oshiomogho Atogwe	88	58	30	0	0	4	1	2	7	2
Corey Chavous	84	51	33	0	0	0	4	5	1	1
Will Witherspoon	83	56	27	1.0	10.0	1	1	2	0	0
Victor Adeyanju	60	28	32	2.0	11.0	0	0	5	0	0
James Hall	54	31	23	4.5	30.5	0	0	10	1	0
Chris Long	49	31	18	4.0	34.0	0	0	12	0	1
Quinton Culberson	46	23	23	0	0	0	2	1	0	1
La'Roi Glover	42	19	23	0	0	0	2	7	0	0
Ron Bartell	39	31	8	0	0	0	13	0	1	0
Jason Craft.....	39	32	7	2.0	14.0	0	5	1	0	2
Clifton Ryan	39	21	18	0	0	0	1	1	0	0
Fakhir Brown	33	29	4	0	0	1	8	0	0	1
Adam Carriker	28	18	10	0	0	0	2	5	0	1
Tye Hill	22	19	3	0	0	0	2	0	1	0
Leonard Little	22	16	6	4.5	25.5	0	1	7	1	0
Chris Draft	20	12	8	0	0	0	1	0	0	0
David Vobora	14	4	10	0	0	0	0	0	0	0
Ricky Manning Jr.....	6	5	1	1.0	7.0	0	0	0	0	0
Jonathan Wade	6	5	1	0	0	0	3	0	0	0
Eric Moore	5	4	1	1.0	2.0	0	0	3	0	0
Chris Chamberlain	2	2	0	0	0	0	0	0	0	0
Todd Johnson.....	2	1	1	0	0	0	0	0	0	0
Keenan Burton	1	1	0	0	0	0	0	0	0	0
Total.....	887	562	325	21.0	139.0	6	47	63	14	9

* PD is passes defended

* Fumbles recovered and forced on special teams are listed below

SPECIAL TEAMS STATISTICS

	Tackles	FF	FR	BK	BK Rec
Gary Stills	15	0	1	0	0
Jonathan Wade	12	0	0	0	0
Chris Chamberlain	11	0	0	0	0
Todd Johnson	11	0	0	0	0
Keenan Burton	7	0	0	0	0
Oshiomogho Atogwe	6	0	0	0	0
Quinton Culberson.....	6	0	0	0	0
David Vobora	6	0	0	0	0
Eric Bassey	5	0	0	0	0
Chris Draft	5	0	0	0	0
Travis Minor.....	5	0	0	0	0
Eric Moore	5	0	0	0	0
Pisa Tinoisamoia	5	0	0	0	0
Ricky Manning Jr.	4	0	0	0	0
Chris Massey	4	0	0	0	0
Josh Brown	3	0	0	0	0
Jason Craft	3	0	0	0	0
Corey Chavous	2	0	0	0	0
Donnie Jones.....	2	0	0	0	0
Ron Bartell	1	0	0	0	0
Sam Gado	1	0	0	0	0
Dane Looker	1	0	0	0	0
Derek Stanley	1	0	0	0	0
Total	121	0	1	0	0

SACK LEADERS

	No.	Yards
James Hall	4.5	30.5
Leonard Little	4.5	25.5
Chris Long	4.0	34.0
Victor Adeyanju.....	2.0	11.0
Jason Craft	2.0	14.0
Ricky Manning Jr.	1.0	7.0
Eric Moore	1.0	2.0
Pisa Tinoisomoia	1.0	5.0
Will Witherspoon.....	1.0	10.0
Total	21.0	139.0