

LaRod Stephens-Howling

2009 Arizona Cardinals Draft Selection

Round 7, Selection 31 – 240th Overall

RB – Pittsburgh – 5-7, 180

2008 SEASON:

Played in all 13 games as a top reserve at tailback and also contributed on special teams units...rushed for 312 yards on 77 carries (4.1 avg.) with five TDs...had 493 yards on 23 kick returns (21.4 avg.)...had 109 receiving yards on 11 catches (9.9 avg.)...also had nine special teams tackles...sparked Syracuse victory with second-half TD runs of nine and three yards, the latter of which came with 3:22 left and clinched the 34-24 victory...rushed for a season-high 71 yards vs. both Bowling Green and Syracuse...coaching staff Offensive Player of the Game for the Syracuse contest...scored two rush TDs at Navy (6 and 9 yards)...winner of Pitt's Demale Stanley Award as the team's most inspirational player.

2007 SEASON:

Played in 11 games, starting two...missed the Michigan State contest due to ribs injury (sustained vs. Grambling)...rushed for 320 yards on 78 carries (4.1 avg.) with one TD...as a kick returner, averaged 20 yards on five attempts (100 yards total) for the season with a long return of 45 against Navy...against the Big East's top rushing defense at the time, Stephens-Howling came off the bench vs. Cincinnati to average nearly eight yards per carry and compile 100 rushing yards on just 13 attempts...he scored the game-winning TD on a seven-yard burst with just over five minutes remaining...on the final TD drive, accounted for 52 of the 61 yards covered by rushing for 42 yards (on six carries) and catching a 10-yard pass...rushed for 67 yards on 16 carries (4.2 avg.) vs. Eastern Michigan in the opener...made his season debut as a kick returner vs. Navy and had 84 yards on four returns (21.0 avg.), including a 45-yarder.

2006 SEASON:

Paced Pitt with 893 rushing yards on 178 attempts (5.0 avg.)...team's second-leading scorer with 60 points (nine rushing touchdowns and one receiving TD)...finished fourth in the Big East in rushing (81.2 yards/game) and all-purpose yards (105.0 yards/game)...played in and started 11 games, missing the Sept. 8 Cincinnati contest due to a right ankle injury...rushed for a career-best 221 yards on 27 carries, including a 70-yard TD run, at Syracuse...averaged 8.2 yards per carry en route to becoming Pitt's first 200-yard rusher since Nov. 24, 2000, when Kevan Barlow had 272 against West Virginia...his 221-yard rushing performance was the 10th highest single-game net rushing total in Division I-A during the 2006 season...named Big East Offensive Player of the Week for his Syracuse performance...rushed for 154 yards and two TDs on a career-high 32 carries at Connecticut...at UCF rushed for a career-high three TDs and netted 135 yards on 19 carries (7.1 avg.)...TDs covered 23, 26 and six yards...had 66 yards on 13 carries (5.1 avg.) with one rushing TD vs. The Citadel...also had two catches for 38 yards, including a 30-yard TD catch off a gadget-play pass from tight end Darrell Strong against The Citadel...rushed for 58 yards on 17 carries (3.4 avg.) and had two receptions for 37 yards (18.5 avg.) against Virginia before leaving the game late in the first half due to an ankle injury...named to the 2006 Big East All-Academic Football Team.

2005 SEASON:

Led Pitt in rushing with 434 yards on 96 carries (4.5 avg.) in nine games as a true freshman...made three starts...also contributed as a kick returner and had five returns for 151 yards (30.2 avg.) and a 95-yard TD...totaled nine receptions for 41 yards...started the Louisville game as part of a five-wideout set with no running backs...played in the season's first four contests before missing consecutive games (Rutgers and Cincinnati) due to an ankle injury...returned to the lineup versus South Florida Oct. 15 and rushed for a game-high 91 yards on 14 carries (6.5 avg.)...followed up the USF contest by rushing for a game and season-high 101 yards on 23 carries (4.4 avg.) versus Syracuse, the first 100-yard effort of his collegiate career...at Nebraska, rushed for a team-high 98 yards on 17 carries (5.8 avg.)...rushed for 42 yards on 10 carries (4.2 avg.) versus Youngstown State before leaving the game with an ankle injury...at Ohio, took the opening kickoff 95 yards for a TD...it was his first collegiate career kick return and TD.

HIGH SCHOOL:

Prolific rusher who was a two-time member of The Associated Press Pennsylvania Class AAA All-State Team (first team)...in three varsity seasons, rushed for a Greater Johnstown-record 4,597 yards, averaging 8.9 yards per carry...broke the 29-year-old career rushing record of 3,552 yards set by former Pitt running back Artrell Hawkins Sr., who lettered for the Panthers in 1979 and '80...rushed for 57 touchdowns during his career...as a senior, led the Johnstown area with 1,875 yards rushing, 32 touchdowns and 192 points...averaged 9.97 yards on 207 carries as a senior...led Greater Johnstown to its first-ever District 6 Class AAA title and a 9-3 record...as a defensive back, compiled 51 tackles and five interceptions...his junior year, set the school single-season rushing record with 2,226 yards (surpassing another mark held by Hawkins Sr.)...his junior season rushing total additionally set a Laurel Highlands Athletic Conference (LHAC) record...averaged 12 yards per carry his junior year, scoring 23 touchdowns and 140 total points...led the Trojans to a 9-2 mark that season, including a berth in the District 6-AAA title game...selected one of the top 50 National Players of the

Year by Old Spice "Red Zone"...first-ever two-time Tribune-Democrat Offensive Player of the Year... Southern Allegheny Football Coaches Association Offensive Player of the Year...received a citation from the Pennsylvania House of Representatives for his football accomplishments...PrepStar All-American...rated Pennsylvania's No. 13 prospect by Scout.com, No. 22 by Rivals.com and No. 24 by SuperPrep...SuperPrep All-Northeast Team...Scout.com East Hot 100...considered one of the nation's top 60 "athletes" by Rivals.com... played under Coach Bob Arcurio...selected to play in the Big 33 Football Classic and was named Pennsylvania's MVP in the game...also a standout in baseball, track and wrestling...National Honor Society...Who's Who Among American High School Students...Minority Scholars Club... National Honor Roll.

PERSONAL:

LaRod E. Stephens-Howling, born 4/26/87, is the son of Rodney and Stephanie Howling...has five brothers and one sister...administration of justice major.

CAREER HIGHS:

Rushing Yards: 221 vs. Syracuse (10/7/06)
Rushing Attempts: 32 vs. Connecticut (11/11/06)
Rushing TDs: 3 vs. UCF (10/13/06)
Receptions: 4 vs. Louisville (11/25/06) and Connecticut (9/22/07)
Receiving Yards: 49 vs. Louisville (11/25/06)
Receiving TDs: 1 vs. The Citadel (9/23/06)

PLAYER CAREER STATISTICS:

RUSHING:

	G/GS	Att.	Yards	Avg.	Long	TDs	Pts.
2005	9/3	96	434	4.5	41	0	0
2006	11/11	178	893	5.0	70	9	54
2007	11/2	78	320	4.1	30	1	6
2008	13/0	77	312	4.1	29	5	30
TOTAL	44/16	429	1959	4.6	70	15	90

RECEIVING:

	G/GS	Rec.	Yards	Avg.	Long	TDs	Pts.
2005	9/3	9	41	4.6	8	0	0
2006	11/11	19	231	12.2	30	1	6
2007	11/2	13	73	5.6	19	0	0
2008	13/0	11	109	9.9	16	0	0
TOTAL	44/16	52	454	8.7	30	1	6

KICKOFF RETURNS:

	KO Ret.	Yards	Avg.	Long	TDs	Pts.
2005	5	151	30.2	95	1	6
2006	1	31	31.0	31	0	0
2007	5	100	20.0	45	0	0
2008	23	493	21.4	34	0	0
TOTAL	34	775	22.8	95	1	6