

**ARIZONA CARDINALS SEVENTH-ROUND SELECTION
240th OVERALL
RB LAROD STEPHENS-HOWLING (LSH)-PITTSBURGH**

On what the day was like:

(LSH): “It has been a rough week. A rough day, but it is all working right now.”

On if he was starting to get calls about being an undrafted free-agent:

(LSH): “Yeah. I was just starting to get those calls at the end there.”

On if he had a feeling that the Cardinals were interested in drafting him:

(LSH): “Yeah. I came out to visit and they told me I was one of a few guys that they brought in, so I felt like they were very interested in me. I felt very comfortable with all of the coaches. They thought that I was somebody that could really do something in the program. I felt good about the Cardinals the whole way.”

On how he would describe himself as a running back:

(LSH): “I would say that I am a running back that is smart and I know I don’t have the size, but I think that the smarts and the way that I can run and cut...”

On if the Cardinals have looked at him as a return man:

(LSH): “Yeah. They have definitely looked at me as a returner and that is something that I am more than willing to do. I have no problem doing special teams. They were even talking about some gunner work on punt teams and kick-off teams and that is something that I am more than willing to do.”

On losing his starting role in Pittsburgh:

(LSH): “It was definitely a hard process. No running back would ever like to go through something like that where they have to limit their carries for somebody else and somebody takes over the starting role. If I didn’t love this game, I could have just sat back on the sidelines pouting and just watching my time at Pitt go by. I just appreciate my family and all of their support to keep me going, keep me going at Pitt and that I could do it at the next level definitely.”

On how emotional this moment is for him to be drafted after being told he was too small to play in the NFL:

(LSH): “They have been saying it all of my life. I have been told so many times that I couldn’t do it because of my size. I’m ready to go train right now. I can’t wait to come in and do what I can and do whatever I can for the team.”

On the scene at his house when he was drafted:

(LSH): “I mainly just have my close family around. It was getting to a point where I had to leave the room. I was just outside playing catch with my nephew when the Cardinals called me. I actually had to leave the house a little bit. Everybody was standing around.”

On playing with former Pitt Panther WR Larry Fitzgerald:

(LSH): “He is a great player. I can’t wait to get there and have him teach me some things about life and about football. Not just on the field. It is a great day for Pitt to have guys out there.”

On how close he is to graduating:

(LSH): “Yeah. I finished all my classes. I am just an internship away from getting my degree, so once I turn those papers in, I will have my degree. But I don’t have any more classes.”