

RUNNING BACKS

Player	Team	Overall	Position
Adrian Peterson	Vikings	1	1

Why is Adrian Peterson the #1 RB in the game? Because he just is! He has a better team around him in Minnesota than any other top RB contender. He has no true challenger to his touches. Rookie Toby Gerhart will just be there to keep Peterson fresh. Peterson has the best defense out of all of the other top RBs. Peterson's workload is significant, but he hasn't been over worked or seen a drastic uptick on his workload. He hasn't finished as the #1 RB yet, but he has finished in the top 3 RBs EVERY season of his NFL career. He has never scored less than 10 TDs in a season or totaled less than 1600 yards in a season. Finally, you are going to love watching Peterson run over, past, and through defenders.

			RECEIVING			RUSHING		
YEAR	TEAM	G	REC	YDS	TD	YDS	TD	FUM
2007	MIN	14	19	268	1	1341	12	3
2008	MIN	16	21	125	0	1760	10	4
2009	MIN	16	43	436	0	1383	18	6
3 YEAR AVE		15	28	276	0	1495	13	4
2010 PROJECTION			37	371	1	1461	16	5

Player	Team	Overall	Position
Chris Johnson	Titans	2	2

If there is one RB in the NFL that will make you hold your breath every time he touches the ball, it is Chris Johnson. The guy is lightning in human form, and he is an incredible talent that will keep your opponent on their heels all game long. In his rookie year, Johnson ripped the league for almost 1,300 yards. He followed that in 2009 saying he was going to be the next 2,000 yard back in the NFL. Even with the big "X" on his chest all season long, Johnson still ended the year with 2,006 yards. Furthermore, he showed he could handle a big workload (358 carries) without injury. While this is higher than we would like, in this case we would not let it adversely affect your decision on Johnson, who is only 25 years old.

			RECEIVING			RUSHING		
YEAR	TEAM	G	REC	YDS	TD	YDS	TD	FUM
2007	--	--	--	--	--	--	--	--
2008	TEN	15	43	260	1	1228	9	1
2009	TEN	16	50	503	2	2006	14	3
3 YEAR AVE		16	47	382	2	1617	12	2
2010 PROJECTION			41	393	2	1487	11	3

Player	Team	Overall	Position
Maurice Jones-Drew	Jaguars	3	3

Mighty Mouse has captivated the fantasy world ever since he entered the league. Forget the fact Jones-Drew is only 5'8", because at 205 lbs this guy is a human wrecking ball that will punch it into the end zone over and over again. MJD has posted double-digit TDs in 3 of his 4 years in the league, and just missed that mark with 9 TDs in 2007. Toss in the fact he is explosive and is a weapon out of the backfield as a receiver, it is little surprise that huge pools of drool can be found under potential owners when considering MJD's 2010 fantasy prospects. MJD represents one of the few feature backs available in 2010 that doesn't have to worry about splitting carries, and he is great foundation to start building your team.

			RECEIVING			RUSHING		
YEAR	TEAM	G	REC	YDS	TD	YDS	TD	FUM
2007	JAX	15	40	407	0	768	9	2
2008	JAX	16	62	565	2	824	12	2
2009	JAX	16	53	374	1	1391	15	1
3 YEAR AVE		16	52	449	1	994	12	2
2010 PROJECTION			53	412	1	1237	14	1

Player	Team	Overall	Position
Ray Rice	Ravens	4	4

There are only a small handful of RBs in the league that strike fear in your fantasy competition, and Ray Rice is one of them. The problem with Rice is that even though he has all the tools to be a scary fantasy weapon (great vision, great hands as a receiver, and great moves), he has this ball and chain attached to his ankle called Willis McGahee. In fantasy, the all-important TD is a crucial ingredient to having a stud RB, and McGahee is a real problem as a TD vulture to Rice. Rice will give you the highlights and yards, but he has a governor placed on his TD ceiling no thanks to McGahee. Rice is still a great pick, and if somehow McGahee struggles and leaves the door open for Rice to convert TDs - watch out!

			RECEIVING			RUSHING		
YEAR	TEAM	G	REC	YDS	TD	YDS	TD	FUM
2007	--	--	--	--	--	--	--	--
2008	BAL	13	33	273	0	454	0	1
2009	BAL	16	78	702	1	1339	7	3
3 YEAR AVE		15	56	488	1	897	4	2
2010 PROJECTION			81	724	1	1371	7	3

Player	Team	Overall	Position
Michael Turner	Falcons	5	5

Last season, we warned you about Michael Turner and the obscene number of carries he was bringing with him into the 2009 season. Sure enough, Turner got injured and many fantasy teams suffered as a result. The history of RBs 2 years after "mega" workloads isn't all that great, but Turner's injury wasn't that significant. This year, Turner should be able to do some rebounding in 2010. Unfortunately, history is against Turner. Out of the 8 RBs in recent history that have exceeded 370 carries, only 2 have broken into the top 10 RBs two years after their injury. Eric Dickerson and Eddie George are those players. We think Turner's career workload and the lack of severity in his 2009 injury will allow him to join these two.

			RECEIVING			RUSHING		
YEAR	TEAM	G	REC	YDS	TD	YDS	TD	FUM
2007	SD	16	4	16	0	316	1	1
2008	ATL	16	6	41	0	1699	17	2
2009	ATL	11	5	35	0	871	10	2
3 YEAR AVE		14	5	31	0	962	9	2
2010 PROJECTION			8	55	0	1485	16	3

Player	Team	Overall	Position
Frank Gore	49ers	6	6

In 2009, Gore finished as a top 5 fantasy back for the 3rd time in his 5 year NFL career. Gore will be 27 this season, so he should still have some juice in the tank. Thanks to a full season of Michael Crabtree and Vernon Davis combination, Gore will also have an improved passing attack to take some of the pressure off. Most importantly, the 49ers added two 1st round offensive linemen from this year's NFL draft. Spending two 1st round picks on offensive linemen speaks very loudly to the teams renewed commitment to the run game. With no pending threats to Gore's touches, everything looks in order for a big 2010.

			RECEIVING			RUSHING		
YEAR	TEAM	G	REC	YDS	TD	YDS	TD	FUM
2007	SF	15	53	436	1	1102	5	3
2008	SF	14	43	373	2	1036	6	3
2009	SF	14	52	406	3	1120	10	2
3 YEAR AVE		14	49	405	2	1086	7	3
2010 PROJECTION			57	458	3	1253	10	3