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August 17, 2010

Iwuh picks off two passes in return to practice

By: Larry Mayer | Last Updated: 8/17/2010 2:12 AM

BOURBONNAIS, Ill. – After missing nearly two weeks of training camp with a knee injury, linebacker Brian Iwuh celebrated his return to practice Monday by intercepting two Dan LeFevour passes.

"He was making those types of plays before he went down with the injury," said coach Lovie Smith. "Brian is a good football player, but you want the guys to perform and make plays.

"That's one of the things we've been disappointed in is the amount of interceptions we've gotten in our underneath coverage. He made a couple [Monday]."

Iwuh signed with the Bears in May. He spent his first four NFL seasons with the Jaguars after joining Jacksonville as an undrafted free agent in 2006. He appeared in 58 games with three starts, and ranks third in Jaguars history with 61 special teams tackles. He also had 64 stops on defense.

Last season Iwuh played in 15 games with two starts, recording a career-high 38 tackles and two tackles-for-loss on defense while ranking second on Jacksonville with 17 special-teams tackles.

"When I went down with the injury, I just took it upon myself to get in my playbook more," Iwuh said. "I had more time, so I studied more and tried to learn the scheme and the lingo of everything that's going on so when I came back, I knew I'd be kind of out of shape physically, but I'd still be there mentally."

Rough start: Special teams coordinator Dave Toub was not pleased with how his players performed in Saturday night's preseason loss to the Chargers.

The Bears allowed kickoff returns of 51 and 35 yards that led to San Diego's only two touchdowns of the game, had a punt blocked for a safety and averaged only 18.7 yards on six kickoff returns.

"It was a typical first preseason game," Toub said. "We didn't get done what we wanted to get done. We gave up some big plays. But everything is correctable. We just made some 'fit' mistakes on the kickoff and obviously the blocked punt was a bad play."

Toub was most disappointed about the two long kickoff returns.

"I just felt we weren't physical at the point of attack, and that's one of the things that we really talked about [Monday] morning," he said. "You can't resemble the speed that you're getting in a game in practice on special teams, so every year special teams during the preseason you have to learn the speed of the game and then how to get off blocks, shed blocks and play downhill."

A day at camp: In Monday's practice, LeFevour was picked off five times. Like Iwuh, Corey Graham had two interceptions and Josh Bullocks had one. ... Jay Cutler looked sharp, dropping a perfect pass deep down the right sideline into the hands of Chester Taylor, who beat Pisa Tinoisamoa. ... Retreating in coverage, Julius Peppers broke up a pass intended for Devin Aromashodu. ... Greg Olsen caught a quick slant from Cutler with Danieal Manning draped all over him.

Game review: After looking at the tape of Saturday night's loss, Smith praised the Bears offensive line as well as backup defensive back D.J. Moore. But the coach wasn't pleased with the outcome.

"There's a lot we need to work on," Smith said. "We scored 10 points, we gave up 25. We were minus-one in turnover ratio. We can't have that. We gave up a blocked punt. Those are the kinds of things that beat you. I liked the effort, how hard the guys played. Penalties for the most part were fairly down.

"It was your typical first game performance as I see it. We are expecting a lot of improvement in our home opener against the Raiders."



Brian Iwuh

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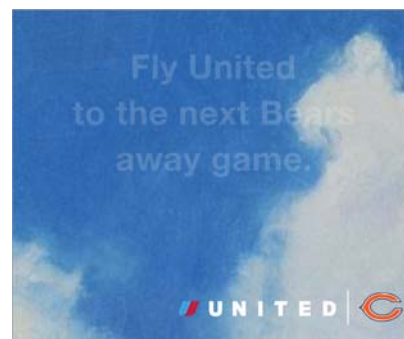
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Wright may be all right for opener

By Bob LeGere | Daily Herald Staff

Published: 8/17/2010 12:01 AM

BOURBONNAIS - Rookie safety Major Wright's finger surgery today will keep him sidelined for a while, but coach Lovie Smith isn't ruling him out for the season opener on Sept. 12 against the Lions.

And as well as the third-round pick has played in training camp and in Saturday's loss to the Chargers, Wright might still be able to crack the starting lineup. His one-on-one takedown of Chargers running back Ryan Mathews still had Smith gushing after Monday's practice.

"That tackle was as good an open-field tackle as you're going to see," Smith said. "He's has good angles (all camp), and even though we haven't practiced full speed and taken guys down, he's in position throughout, so that didn't surprise me. I've been pleased with his play overall in general, and knowing Major, we expect him to be back out on the field sooner, than later."

Wright, who had 7 tackles Saturday night, agrees with that optimistic prognosis.

"My body heals quick," he said, but also admitted that the injury was, "very frustrating. But, at the end of the day, it's still a game of football and ups and downs are always in this game."

Not that good: It wasn't just the skimpy 1.9 yards per carry (32 yards on 17 attempts) that the running backs averaged Saturday night that disappointed their position coach Tim Spencer.

"I was disappointed in a lot of things," he said. "We worked our butts off in camp. A couple of guys were able to transfer what they did in training camp to the field, and a couple guys obviously (were) not."

"We've got some technique issues in pass protection. We let a little DB (Donald Strickland) fake us out. I thought we had it corrected when we saw it happen the first time to (Matt Forte), and then it happened again to another guy (Chester Taylor). I saw some good things, but those little glaring things, I did not like."

Making a splash: Linebacker Brian Iwuh, who was signed by the Bears in May, a month after he was cut by the Jaguars, came in with the reputation of being an outstanding special teams player. But a knee injury early in camp kept him out nearly two weeks, until Monday when he returned with a flourish, picking off 2 passes.

"When I went down with the injury, I just took it upon myself to get in my playbook even more," he said. "I just studied more and tried to learn the scheme and the lingo of everything that's going on, so when I came back, I'd still be there mentally."

"It's always good to come back and get two picks, but it was also a big confidence boost for me as far as my knee and my health."

Injury update: Quarterback Caleb Hanie (shoulder), safeties Major Wright (finger) and Craig Steltz (ankle), linebackers Hunter Hillenmeyer (foot) and Matt Mayberry, wide receivers Johnny Knox (hamstring) and Earl Bennett (hamstring), long-snapper Patrick Mannelly (shoulder) and defensive tackle Jarron Gilbert (sore) all missed practice.

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ESPN

Monday, August 16, 2010

Dan LeFevour's learning curve speeds up

By Michael C. Wright and Jeff Dickerson

BOURBONNAIS, Ill. -- Bears rookie quarterback [Dan LeFevour](#) rang up the pick meter during Monday's practice, throwing six interceptions on his first day of operating with an increased workload.

Given extra repetitions because of a shoulder injury to backup quarterback [Caleb Hanie](#) in the preseason opener, LeFevour, understandably, struggled, tossing two picks apiece to linebacker [Brian Iwuh](#) and reserve cornerback [Corey Graham](#) and one to [Josh Bullocks](#).

"You can see there were a few mistakes out there," LeFevour said after practice. "I've got plenty to learn. It's challenging, obviously, as a rookie coming in learning a new offense, going under center; all those things. But those are excuses. I've just got to keep learning, take everything that coach [Mike] Martz, and [quarterbacks] coach [Shane] Day say, and just try to put it to work and take advantage of my reps."

As it was, Chicago's defensive players took advantage Monday of LeFevour's extra reps. As practice broke for the day, Bears coach Lovie Smith walked over to offer the rookie some words of encouragement.

"He just said, 'Keep getting better every day. You just can't get down about mistakes. Just keep coming back, keep fighting, because that's what this is all about,'" LeFevour said. "I'm gonna make mistakes, I know that. I'm not gonna be perfect right away. I've just got to keep going at it."

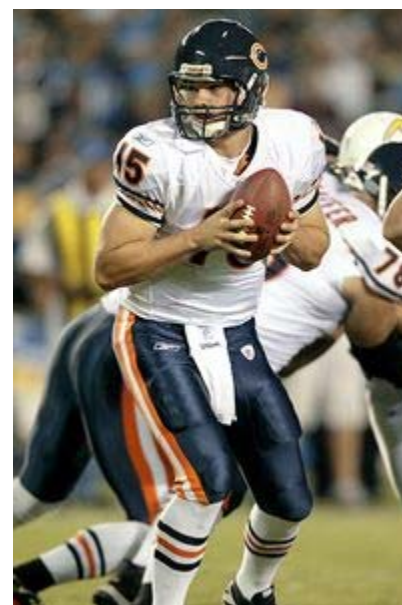
Despite LeFevour passing for just 21 yards on 2-of-10 completions for a 39.6 passer rating (Bears receivers dropped three of his passes) in the club's preseason opener at San Diego, Smith expressed optimism about the rookie quarterback's prospects.

"He's like most rookies. Right now he's getting a little bit better every rep he gets," Smith said. "I thought he did some good things in the game. For your first action in the NFL, that's a tough situation to be in. The guy gets a little bit better each day."

A record-setting quarterback at Central Michigan, LeFevour said he knew his rookie year would "be humbling."

"[It's] a little frustrating, obviously," he said. "But I've got to keep my head up. I'm getting some good opportunities. It's a different game. It's a notch up. It's a different speed; new terminology, new routes. All those things kind of go in together. So this isn't my fifth year in a system like I was in college. I've got to do as well as I can and just keep learning."

Temperature: 78 degrees
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Bears rookie quarterback Dan LeFevour is seeing more reps with Caleb Hanie sidelined.

Camp battle focus: reserve linebacker

If the Bears decide to keep the best 53 players, then seven linebackers should make the final roster.

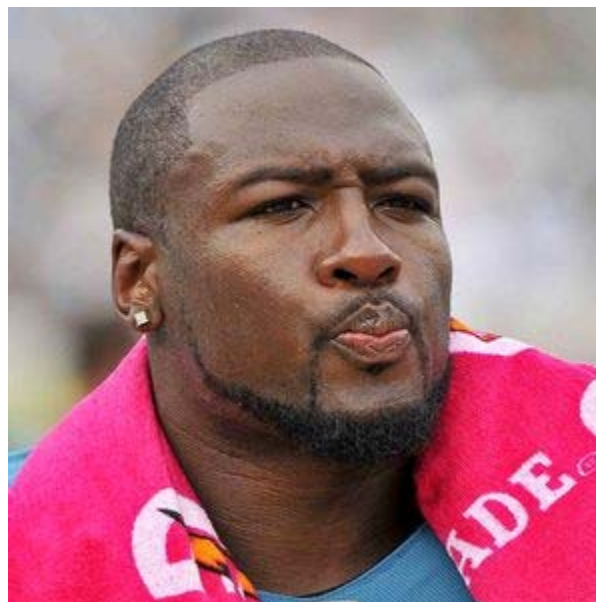
That list includes newcomer Brian Iwuh, who returned to practice Monday for the first time in nearly two weeks, after suffering a knee injury and ankle sprain on the fifth day of training camp.

"It felt good, but I still got to trust myself more out there," Iwuh said. "I got to trust [my knee] and try to play hard on it. A couple more practices of me playing well, and getting in shape, it will help my confidence and my knee will get back to football shape."

Iwuh appeared strong Monday, intercepting two passes in team drills from the weak-side linebacker spot.

Smith took notice, adding that he's been pleased with Iwuh's production for quite some time.

"It was good," Smith said of Iwuh's return on Monday. "He was making those types of plays before he went down with an injury. Brian's a good football player. You want guys to perform and make plays. He made a couple [of interceptions] today."



Brian Iwuh has caught on quickly with the Bears after four years in Jacksonville.

Iwuh's real value is on special teams though, where he'll be needed to bolster a unit that struggled on kickoff coverage in the preseason opener. Over the course of four seasons in Jacksonville, Iwuh recorded 61 special-teams tackles, and is considered a potential four-phase contributor with the Bears.

"I always feel like I can help out on special teams because I have a lot of experience and came from a good special-teams group down in Jacksonville," Iwuh said. "I take a lot of pride in my special teams. I did in Jacksonville, and I know they do here in Chicago. I think I can bring some of that pride here and help make this a better special teams unit."

You always feel the urgency in training camp. I'm new to the team, trying to make a statement because I want to be here and I love the organization. I just want to prove myself, go out there and earn a spot on this team."

Observation deck

- Starting right guard [Lance Louis](#) had his right leg worked on by the Bears training staff and sat out a few individual drills, which allowed [James Marten](#) to take a few reps with the first team. Louis later returned for full-team activities and reclaimed his customary spot with the starters.
- Right tackle [Frank Omiyale](#) and tight end [Greg Olsen](#) each jumped offsides on consecutive plays during the inside run drill. Omiyale later atoned for his mistake, easily handling defensive end [Mark Anderson](#) in a one-on-one situation.
- Tight end [Brandon Manumaleuna](#) worked his way back onto the field after missing almost all of last

week.

- Middle linebacker [Brian Urlacher](#) flashed quick hands by deflecting a pass during full-team.
- Graham made the two most acrobatic interceptions of the day on LeFevour. Rookie cornerback [Joshua Moore](#) knocked a pass out of the hands of [Eric Peterman](#) with Graham snatching the deflection for an interception. Graham made another interception later in practice on a diving fingertip grab.
- Receiver [Devin Aromashodu](#) worked at the No. 2 receiver spot with [Johnny Knox](#) sitting out of practice, and [Rashied Davis](#) moved inside to the slot.
- [Patrick Mannelly](#) (burner), [Jarron Gilbert](#), [Earl Bennett](#) (hamstring), [Hunter Hillenmeyer](#) (foot), and [Matt Mayberry](#) were also held out of practice, along with Hanie (shoulder), [Craig Steltz](#) (ankle) and [Major Wright](#) (finger), who suffered injuries in Saturday's game.

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Heart Of The Line: Andre Gurode

>> TUESDAY, AUGUST 17, 2010



As far as positions in the NFL go, the center is considered one of the easiest to replace so say the so-called football experts. However when a center is makes the Pro Bowl four years in a row he becomes a bit more irreplaceable. This can be said about Dallas Cowboys' center Andre Gurode.

After an outstanding career at Colorado, Gurode was selected by the Dallas Cowboys in the second round of the 2002 NFL Draft. He has started 106-of-122 games at center and guard, and he hit his stride in 2006, when he started every game and made his first career Pro Bowl as a center. He duplicated that feat in both 2007 and 2008 and earned the starting nod for the NFC team. Gurode also started every game in 2009 to earn that fourth Pro Bowl berth. Gurode was also chosen for the Sporting News All-NFL first team in 2007 and the Associated Press All-NFL second team in 2009. With his size, great natural strength, and athleticism, Gurode is expected to be a key part of the Dallas offensive line for many years. In 2009 he helped the Cowboys offense enjoy one of the most prolific seasons in club history. Gurode played a key role in 2009 in helping Dallas produce Pro Bowl players at quarterback (Tony Romo), wide receiver

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(Miles Austin) and tight end (Jason Witten). As a rookie in 2002, Gurode made six starts at center, and then had 39 starts at right guard over the next 56 games, including the postseason. From 2002 to 2004, he made 42 regular season starts, the second-most by a Dallas offensive lineman. Since the start of the 2006 season he has been a fixture as one of the top centers in the NFL. The Cowboys took Gurode with the 37th pick in the 2002 NFL Draft, the highest pick the team has used to draft an offensive lineman since 1981, when Howard Richards was selected with the 25th pick.

As a senior at the University of Colorado, Gurode earned All-America honors after starting every game at right guard and was also a unanimous All-Big 12 selection. For his career, Gurode allowed just 7.5 sacks in 2,653 plays over his three-plus years as a starter for the Buffaloes. Gurode started his first two-and-a-half seasons at center before moving to guard in the middle of his junior year. As a junior, Gurode earned All-Big 12 honors again and garnered the John Mack Award which is given by the University of Colorado coaches to whom they think was the most outstanding offensive player on the team. Also as a sophomore, he again earned All-Big 12 honors and helped the Buffaloes go 7-5 and defeat Boston College in the Insight.com Bowl. Freshman year found Gurode sitting out six games due to a cartilage tear to his right knee the second week of the season. He did come back in time to start the final three regular season games and help the team win the Aloha Bowl 51-43 over Oregon. In the classroom, Gurode earned a degree in Ethnic Studies where he was also a member of the schools "Academic Starters" team.

Gurode attended North Shore High School in Houston, Texas. As a senior he was a PrepStar and SuperPrep All-American and USA Today selected him as an honorable mention High School All-America. Gurode was also named to the Houston Chronicle Top 100 List and made the Austin American-Statesman "Fab 55" team. He earned all-area honors as a senior and second-team honors as junior and was all-district and All-Greater Houston as a junior and senior when he was also his team's most outstanding offensive lineman. Gurode was also a three time letter man in basketball and lettered in track four times. In track Gurode held personal bests of 186-0 in the discus and 54-1 in the shot put. As a junior Gurode won third place in a drafting competition for intermediate computer design competition that he entered.

In his spare time Gurode has done charity work for the Make-A-Wish Foundation of North Texas and was involved in supporting breast cancer awareness. Gurode was also a part of the annual Dallas Cowboy Kickoff Luncheon and Cowboys family cookbook benefiting Happy Hill Farm, the Salvation Army Angel Tree Christmas Program, and participated in the annual team holiday hospital visits. In 2009 2002 Gurode was a member of the Dallas Cowboys Rookie Club and








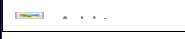
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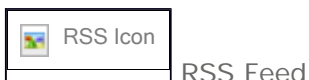
helped out with the Dallas Cowboys Early Thanksgiving Day Meal at the Salvation Army. That same year Gurode was also a part of the annual Let Us Play! Sports camp for 150 underprivileged girls and with the assistance of former Cowboy teammate, Torrin Tucker, provided turkeys and all the fixings for 100 underserved individuals from South Dallas. Gurode is also a part of Lowbow Athletics which is a youth foundation inspired to give young men a better education by playing basketball. From 2008-2010, Gurode took part in the Dallas Cowboys Draft Day/Fan Appreciation Party and from 2008-2009 was a part of the Taste of the NFL, the Ultimate Dallas Cowboys Tailgate Party for the North Texas food bank. Also in 2008 Gurode was involved in the Dallas Cowboys Youth Fitness Zone dedication at the Salvation Army and in 2009 was a part of the Stars of Texas Racing Against the Odds for the American Diabetes Association.

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Terrence Wheatley Making Major Improvements to Land Spot on 2010 Roster

by [Jeff Howe](#) on Aug 18, 2010 11:23:45 AM

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FOXBORO, Mass. -- **Terrence Wheatley's** story belongs on the front page of The Wall Street Journal. His stock has soared this summer, to the point where he's virtually guaranteed himself a spot on the Patriots' roster.



The 2008 second-round pick is coming off a nightmarish 2009 season in which he was inactive 12 times, including the postseason game. What's worse, he was only on the injury report twice before those missed games, which means he was a healthy scratch 10 times.

Wheatley got off to a nice start during his rookie season, but a wrist injury ended his campaign and he's been struggling to find that success again. This training camp, though, has been a good start in that regard.

Heading into camp, Wheatley was fifth or sixth on the Patriots' depth chart at corner. He remains behind their upper-echelon players at the position -- **Leigh Bodden**, **Darius Butler** and **Devin McCourty** -- but Wheatley has gotten past **Kyle Arrington**, and he's probably beaten out **Jonathan Wilhite**, too.

Any worries Wheatley might have had over his chances to make the team should be out the window.

"It's on you," Wheatley said about cracking the 53-man roster, which will be determined Sept 4. "It's never on anybody else. If you make the team, you definitely earned it. And if you didn't, you've got to look back at your own career, and you probably could have done something a little bit different."

Wheatley has made a few highlight plays in training camp, including his interception of **Drew Brees** during joint practices with the Saints last week. It

was Brees' only blemish during his three days in New England, and Wheatley credits his defensive improvements as a dedication to re-establishing trust in his own ability.

"I probably think a little bit too much," Wheatley said. "Obviously, pre-snap reads, you've got to sit down and think about what you need to do and some of the checks that we have, but once the play is going on, you've kind of got to shut your brain off and relax and play. It's the same game we've been playing since we were kids."

Wheatley also got into a handful of dustups with the Saints -- a surefire sign of a player who is willing to do anything he can to let the coaches know he's working his tail off to make the team.

Then, in a key moment in the fourth quarter of the Patriots' preseason opener, Wheatley snuffed out a quarterback bootleg on third-and-goal from the 1-yard line and took **Chase Daniel** to the turf for a four-yard loss. On Monday, Pats head coach **Bill Belichick** said that's a play Wheatley missed during the 2009 season.

When Wheatley was asked if he could recall said play, he basically took a pass and said they all kind of ran together.

"No idea, there were a bunch of plays that I probably missed last year, so I'm sure probably all of them," Wheatley said.

On the Daniels tackle, though, Wheatley said he left it up to his instincts. He recognized the play and reacted, which is a noticeable improvement in his game. It was also some tangible evidence that validated how hard he's worked to get it back together this year. That's not to say Wheatley is there just yet, but he is worlds ahead of where he was last season.

"I definitely have the confidence to go out there and make plays like that," said Wheatley, who is one of the most cordial members of the team. "Once you make a read and make a decision, the one thing that I tell myself, 'If you're wrong, you're wrong. Deal with it later.' Hopefully I'll get more chances like that, and hopefully there will be more plays like that."

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Former "Bachelorette" contestant Sutter hurts to help others

By Scott Willoughby
The Denver Post

Posted: 08/17/2010 01:00:00 AM MDT

LEADVILLE — By almost every measure, Ryan Sutter lives the dream.

A former football star at the University of Colorado, his fame and ultimate fortune arrived from the unlikely source of reality television, where he and eventual wife Trista Rehn beat the odds to find love on "The Bachelorette" in 2003. Now they're raising a family in the mountains near Vail, where Sutter works as a firefighter.

But between dreams, Sutter suffers the occasional nightmare just like the rest of us. This year, perhaps even more.

"Leadville is just painful," said Sutter, 35, after completing his second Leadville Trail 100

mountain bike race Saturday. "It really hurts. Everything — your back, your legs, your butt — it all kills. Sitting on a bike seat for 8 1/2 hours just isn't comfortable. It's tough to even sit in a car that long."

The decision to tackle the LT100, Lake Placid Ironman triathlon, 24 Hours of Moab mountain bike race and the New York City Marathon all in one year — along with a half-dozen other notorious endurance challenges — isn't some sort of masochistic penance for the spoils of success. Rather, it's all part of a plan to put his celebrity and athleticism to work helping those on the short end of the good fortune stick.

After completing Leadville, Sutter is just over halfway through his "10.10.10 First Descents Challenge," a self-designed, year-long endurance test with the mission of raising \$100,000 for the Denver-based First Descents outdoor adventure camps for young adults with cancer. The goal is to use 10 races to convince 10,000 people to donate \$10 each to the camp in recognition of its 10th year.

"Trista has had some opportunities with different promotional types of things since the TV series. But for me, my life has pretty much settled back into things like family and my career up here," Sutter said. "This attempt for me to try to pull a little bit from that notoriety is a great

opportunity to do something meaningful, and I'm hoping I'll be able to take advantage of some of the recognition we've gotten from the series."

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Fans of Ryan Sutter and the Lake Placid triathlon encourage the Vail firefighter and former "Bachelorette" contestant. (Jesse Horton, Special to The Denver Post)

Although fundraising for the camp founded by professional kayaking friend Brad Ludden has gone "better than expected" since Sutter began the undertaking at the Bolder Boulder on Memorial Day, much work remains to be done.

The First Descents camps make use of outdoor adventure sports such as whitewater kayaking and rock climbing to provide therapy for what Ludden calls the most underserved demographic among cancer patients. About 250 patients will participate in 14 week-long camps this summer, all funded through donations.

"Ryan knows what \$100,000 means to this organization," Ludden said. "To see him pouring his heart into this 10.10.10 challenge is truly inspiring for not only me personally, but also to hundreds of First Descents participants."

Through grueling races like the LT100, where he finished 65th in 8:31:05, Sutter has found a new connection to the cancer patients he has come to know as an occasional helper at the camps. The collective, albeit voluntary, anguish combined with the support of the surrounding community serves as a fitting analogy of what First Descents camp participants experience, he says.

"At Leadville, you know what's coming: 100 miles of pain, and you figure out a way to push through it," Sutter said. "You find this sort of indomitable will to keep going, kind of like

the cancer patients. But there's also a lot of support there for you, just like at First Descents. Everyone is in the same boat, and they help keep you going."

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Training for the 10.10.10 doesn't take a day off as Ryan Sutter puts in seat time at his home. (Jesse Horton, Special to The Denver Post)

Previously he finished second in his division at the Teva Mountain Games Ultimate Mountain Challenge, was among the fastest 2 percent in the Bolder Boulder 10K, rode the Firecracker 50 mountain bike race and completed the Beaver Creek XTERRA along with his first Ironman, all within two months.

"I went into it thinking it was just going to be a real physical challenge, but the amount of time it has taken to train and the toll that takes on things like family and work really puts it in perspective," Sutter said. "I think it's similar to what some of the campers are going through in that it makes me appreciate my time more and don't take things for granted as much. That's been a real positive side effect.

"I feel like I've gained more than I've given, and hopefully that will inspire other people to do something similar. It's an indescribable feeling of pleasure and satisfaction, and I want others to feel that too."

Scott Willoughby: 303-954-1993 or swilloughby@denverpost.com

Sutter's endurance test will enter a slight remission period in the coming weeks as he foregoes this weekend's brutal LT100 footrace in favor of the sprint-oriented Scott Firefighter Challenge on Aug. 27-28 in Vail. From there, he'll compete in an Olympic-distance triathlon Sept. 11 in Malibu, Calif., followed by the 24 Hours of Moab on Oct. 9-10 and the finale Nov. 7 at the NYC Marathon.

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Graham being relied on to lead Broncos

BY PATRICK HOUCK • PatrickHouck@coloradoan.com • August 18, 2010

As the Denver Broncos head into the upcoming season, one position where they have very little experience is at tight end.

The exception is Daniel Graham, a nine-year veteran and a two-time Super Bowl champion with the New England Patriots whose presence on the team is very important.

"Daniel's a great guy to learn from," Broncos offensive coordinator Mike McCoy said. "He's one of the first guys in the weight room in the offseason. (The other tight ends) are all learning from a great leader and a guy who's really willing to help them."

Graham leads a young group of tight ends into the 2010 season, none of whom has been around the league for more than two years.

Richard Quinn is the most experienced of the tight ends behind Graham with two years of experience.

"Right now, everybody's just competing and working hard," Quinn said. "We're just trying to get better as camp progresses at this point."

The other tight ends on the roster are Marquez Branson, Nathan Overbay and former Colorado standout Riar Geer.

"It's like all positions on our football team right now," McCoy said. "Everyone's fighting for a roster spot. There are only 53 spots on the team, and they all come in and work extremely hard."

The Broncos lost Tony Scheffler in the offseason to the Detroit Lions and are looking for someone to replace him. Scheffler had 31 catches for 416 yards and two touchdowns in 15 games last year for the Broncos.

The younger players say it is important for the tight ends to have a veteran like Graham, who played his college ball at Colorado, to emulate.

"He's got so much experience," Overbay said. "Every day you learn something new just from watching him. You can learn so much just from watching him play."



GRAHAM

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