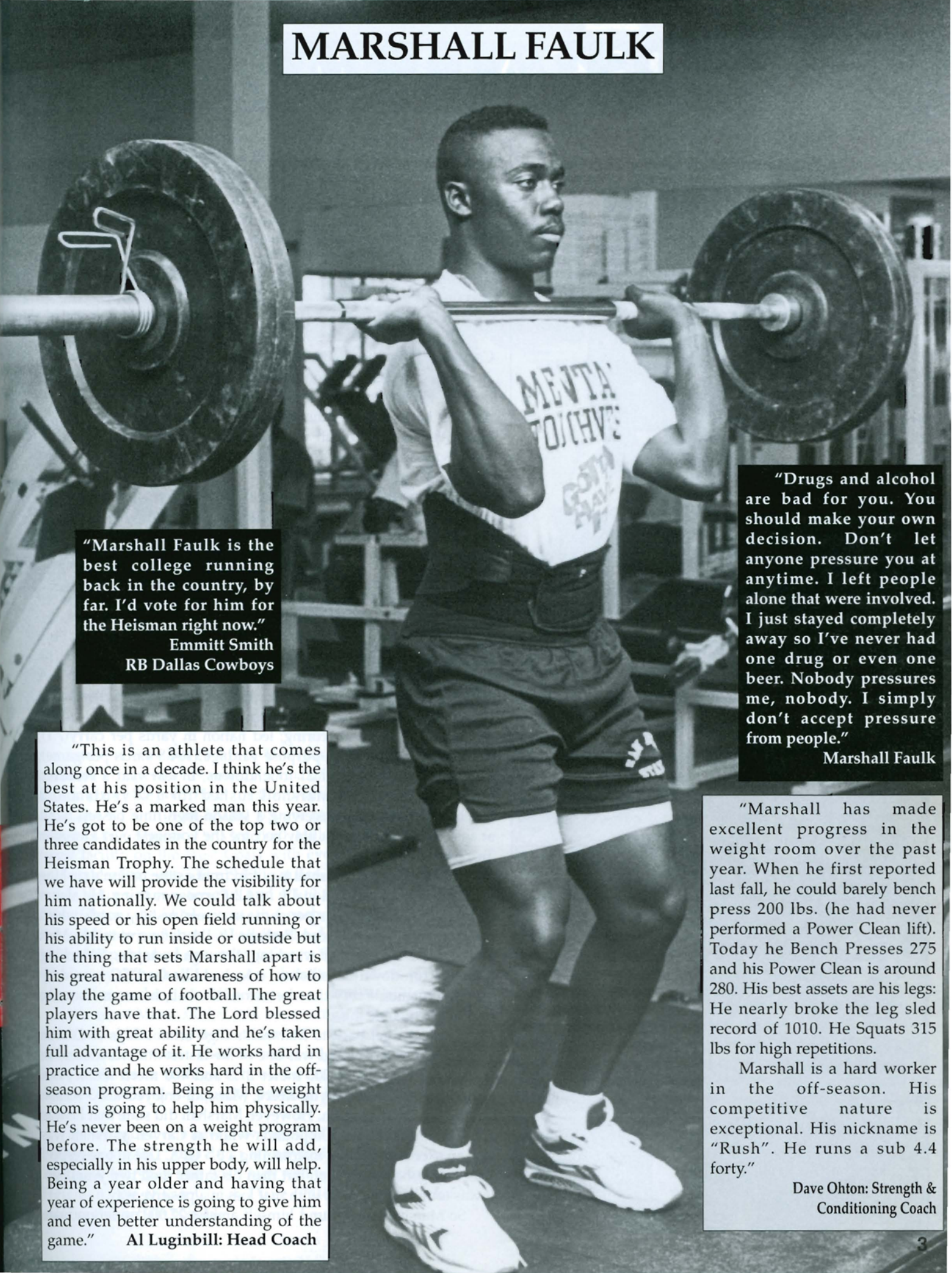


# MARSHALL FAULK

A black and white photograph of Marshall Faulk in a gym, performing a bench press. He is wearing a white t-shirt with "MENTA TOUCHÉ" and "GOLF" printed on it, dark shorts, and white sneakers. He is holding a barbell with large weights across his chest. The background shows gym equipment and a window.

**"Marshall Faulk is the best college running back in the country, by far. I'd vote for him for the Heisman right now."**

**Emmitt Smith  
RB Dallas Cowboys**

**"This is an athlete that comes along once in a decade. I think he's the best at his position in the United States. He's a marked man this year. He's got to be one of the top two or three candidates in the country for the Heisman Trophy. The schedule that we have will provide the visibility for him nationally. We could talk about his speed or his open field running or his ability to run inside or outside but the thing that sets Marshall apart is his great natural awareness of how to play the game of football. The great players have that. The Lord blessed him with great ability and he's taken full advantage of it. He works hard in practice and he works hard in the off-season program. Being in the weight room is going to help him physically. He's never been on a weight program before. The strength he will add, especially in his upper body, will help. Being a year older and having that year of experience is going to give him and even better understanding of the game."**

**Al Luginbill: Head Coach**

**"Drugs and alcohol are bad for you. You should make your own decision. Don't let anyone pressure you at anytime. I left people alone that were involved. I just stayed completely away so I've never had one drug or even one beer. Nobody pressures me, nobody. I simply don't accept pressure from people."**

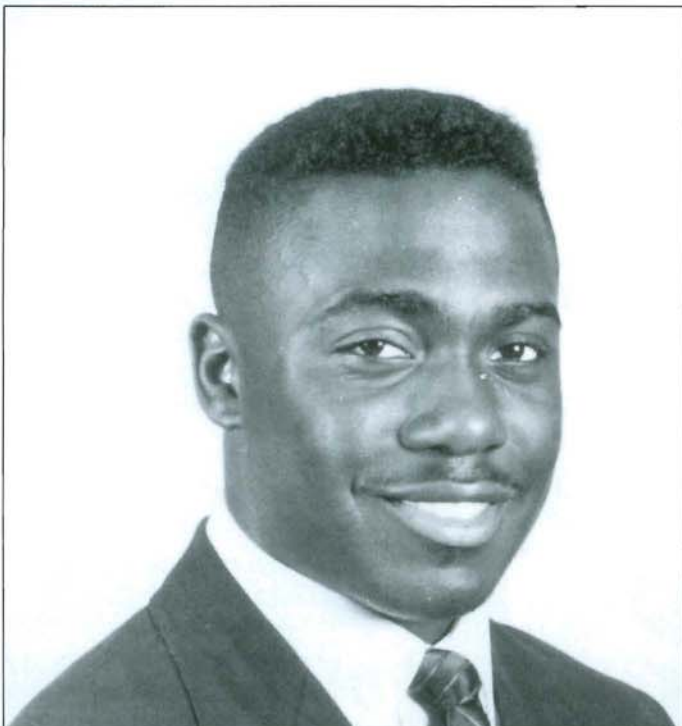
**Marshall Faulk**

**"Marshall has made excellent progress in the weight room over the past year. When he first reported last fall, he could barely bench press 200 lbs. (he had never performed a Power Clean lift). Today he Bench Presses 275 and his Power Clean is around 280. His best assets are his legs: He nearly broke the leg sled record of 1010. He Squats 315 lbs for high repetitions.**

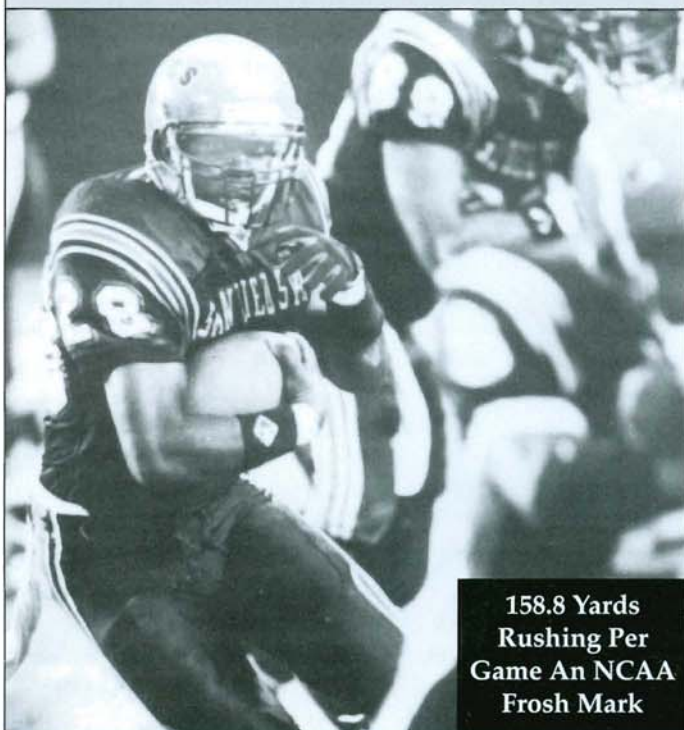
**Marshall is a hard worker in the off-season. His competitive nature is exceptional. His nickname is "Rush". He runs a sub 4.4 forty."**

**Dave Ohton: Strength & Conditioning Coach**

# MARSHALL FAULK



**Running Back 5-10 200 lbs Sophomore  
San Diego State University  
1st Team All-American Associated  
Press – Sporting News 1st Freshman  
To Lead NCAA In Rushing and  
Scoring Second Leading Returnee  
From 1991 Heisman Voting**



**158.8 Yards  
Rushing Per  
Game An NCAA  
Frosh Mark**

San Diego State University pulled off the recruiting coup of the century: They were the only school to really see the amazing abilities of Marshall as a running back. He was like hidden treasure. For the Aztecs to find it, they had to forget about Marshall's junior year where games were missed because of an injury. They had to forget about Marshall rushing for less than 1,000 yards in his senior year. They figured out that Carver High School (New Orleans Louisiana) mostly threw the ball. The Aztecs also had to forget the fact Marshall Faulk did not make first team all-state or even first team all-league.

So, what happened? San Diego State saw one game film where Carver High School did run the ball and Marshall ran wild. Apparently, other Division One Schools didn't see it or act on it because the Aztecs were the only school to recruit Marshall as a running back. All the other schools recruited him as a defensive back. We asked Marshall why he chose San Diego State, a long, long ways from New Orleans. His succinct answer speaks volumes, "I'm a running back."

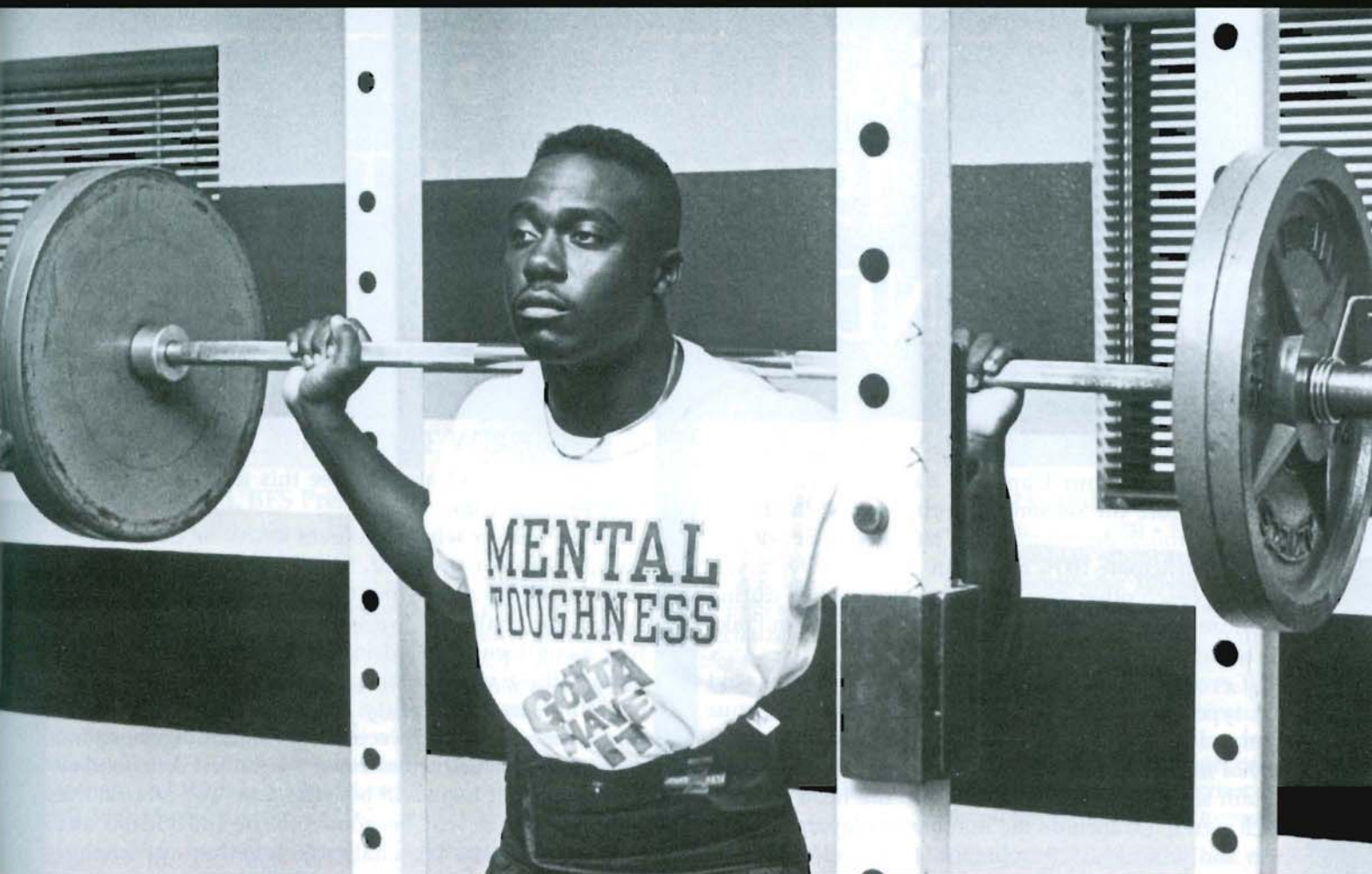
Just months after signing, Marshall Faulk, at age 18, became just the third freshman ever named first team AP All-American and the first ever Aztec so selected. The other freshmen to receive that honor were Herschel Walker and Tony Dorsett who both, of course, went on to win the Heisman Trophy. Marshall's ninth place finish in the last year's Heisman's voting was the second highest ever for a freshman. (Herschel placed third in 1980.) He was also UPI Freshman-of-the-Year while breaking the NCAA rushing record with 386 yards and seven touchdowns against the University of Pacific. Marshall went on to break or tie 13 NCAA records despite missing three games with broken ribs and a collapsed lung. The end result: First freshman in history to lead the nation in rushing and scoring; led nation in yards per carry(7.1); third in the nation in all-purpose yardage (184.8 yards per game); 1,429 yards rushing and 21 touchdowns; in last year's Freedom Bowl against Tulsa, Marshall rushed for 157 yards and a touchdown while also receiving a season-high nine passes. Now, at age 19, Marshall Faulk may become the youngest ever Heisman Trophy winner.

At this writing, Marshall is out in front as the nation's rushing leader and is second nationally in All-Purpose running. He also is averaging over 170 yards per game in career rushing yards which is close to the NCAA record. Perhaps UCLA defensive tackle, Matt Werner said it best after watching Aztec game tapes, "Watching Marshall run down the sideline, it looked like the USC secondary was on crutches. Every time he carries the ball, he seems to make four or five people miss."

Now let's get back to Marshall's high school days at Carver. He played basketball and was one of the fastest athletes around in track. (100 meter 10.3, 200 meter 21.5 and 400 meter 49.3). As a senior, under Coach Wayne Reece, Marshall enjoyed a 7-3 season but did not lift that much. However, Marshall did state that he was able to Parallel Squat 500 pounds while at Carver. Marshall was also an excellent student maintaining a 3.5 GPA. Life in one respect was very good to Marshall but then his father died two years ago. It was tough but he dealt with that loss in a positive way.

So Marshall soon found himself amidst 27,000 undergraduate

# HEISMAN CANDIDATE



*Marshall Is Doing It Right: Keep Your Eyes Focused Straight Ahead*

students at San Diego State University which offers bachelor's degrees in 69 areas. An amazing 88 percent of the full-time faculty hold Ph.D. or terminal degrees. They also have the \$3.5 million 32,000 square foot athletic center which SDSU Athletic Director Fred Miller states, "It is the finest facility on the West Coast with everything first class and state-of-the-art." The 9,000 square foot weight room holds 17 tons of free weights and 4 1/2 tons of dumbbells. Dave Ohton, the SDSU Strength Coach played football at Arizona State and pro-football for the Arizona Wranglers. He's also published several articles in the NSCA Journal. Obviously, Marshall is in good hands and is on fertile ground for reaching his full potential as a student-athlete.

We asked Marshall that if he were a high school football coach, would he have his team lift? "Of course," he said in an incredulous tone. Then he reflected, "I wish I would have done more in high school. I'm really thankful for Coach Ohton and the quality program here at San Diego State."

As we ended our interview, Marshall gave his views on being successful, "Just don't let anybody misdirect you." We thank Marshall and wish him well on his quest for the Heisman. We thank Coach Dave Ohton and SDSU for making this article possible.

## MARSHALL'S 1991 NCAA RECORDS

### RUSHING:

**Most yards gained in a game:** 37 carries, 386 yards vs. Pacific, Sept. 14, 1991. This record has since been broken by Tony Sands of Kansas who rushed for 396 yards on 58 carries vs. Missouri, November 23, 1991.

**Most yards gained in a game by a freshman**

**Most yards gained by two opposing players:** 555 yards Faulk with Ryan Benjamin of Pacific (169 yards) on September 14, 1991.

**Most touchdowns scored by a freshman in a game:** 7 vs. Pacific  
**Earliest game a freshman reached 1,000 yards in a season:** 7 games with 1,157 yards. Held by Emmitt Smith (Florida) who gained 1,011 yards in seven games in 1987.

**Highest rushing average by a freshman:** 158.8 ypg (old record of 146.9 by Herschel Walker in 1980).

### ALL PURPOSE RUNNING:

**Most yards gained in a game:** 422 by Faulk vs. Pacific (386 rushing, 11 receiving, 25 kick returns).

**Most yards gained in a game by a freshman**

### SCORING:

**Most points scored by a freshman in a game:** 44

**Most TD's and Most Points scored in a game and season**

# MEET THE BFS CHALLENGE! FOOTBALL TEAMS UNITE IN 1993 AGAINST DRUG AND ALCOHOL ABUSE!

## THE CHALLENGE

Coaches let your Captains have a private team meeting before the season and propose the challenge. After a thorough discussion, vote on whether or not you want to participate 100% as a team. If the answer is yes, then help each other stay drug and alcohol free during the entire season. I expect captains to be honest and take this leadership responsibility seriously.

If everyone (100%) was able to totally make it, send us a typed statement on school stationery that your team made it through the entire season drug and alcohol free. Also include the following: (1) Have each captain sign the statement. (2) Have the head football coach sign it. (3) Include the number of players on your team and your school enrollment (4) special comments are welcome but optional.

## HOW TO PARTICIPATE

Stay drug and alcohol free this next season. Do it together as a team.

One reason why teenagers drink or do drugs is because of peer pressure. Many teens say, "Everyone does it." That's simply not true. If we have many teams accept our challenge, we will powerfully demonstrate that many teens don't drink or do drugs. We can give hope to those who are struggling.

Who's responsibility is it? It's ours! Yours and mine! America is at the crossroads exhibiting more and more self-destructive behavior. I believe every football player on your team will be willing to rally around this noble cause. It will be good for the individual and team. Let's meet this challenge together and change this ugly course of history.

## EARN A BEAUTIFUL PLAQUE FOR YOUR TEAM

If you accept this challenge and make it, your football team will receive a beautiful plaque. It's our way of saying thanks and congratulations. It may be the most important trophy your team will ever earn!

# WE CAN MAKE A DIFFERENCE

Read Every Article In This Journal. Every Athlete Has An Inspiring Message To Help All Young People And Teams. Please Take The Time And Share Their Message. I Believe If We Meet This Challenge Together, We Can Send A Powerful Message Throughout The Entire Nation. Let Us Ride The High Places And Help Pull People Up By Our Leadership Example In Our Quest For True Upper Limit Greatness.

Dr. Greg Shepard, President Bigger Faster Stronger.

SEND STATEMENT TO: Bigger Faster Stronger, 805 West 2400 South, SLC, UT 84119