

# 

WITH AHMAD RASHAD

# Q. TELL US A LITTLE ABOUT YOUR ANKLE INJURY.

**A.** I'd had a bad ankle for about 25–30 years and it was progressively getting worse. I'd already had numerous operations, and it just got to the point where I couldn't live the way that I wanted to.

# Q. WHY DID YOU PICK TWIN CITIES ORTHOPEDICS?

A. I'd been searching the country to find a physician who could perform an ankle replacement surgery. When I found TCO and spoke to the physician who'd perform the surgery, it was a no-brainer. I love Minnesota and it all seemed to come together there for a reason.

One of the coolest things about my experience is that TCO is the official medicine provider for the MN Vikings. You know, once a Viking always a Viking!

# **Q.** WHAT CAN YOU TELL US ABOUT YOUR EXPERIENCE AT TCO?

A. The most important part of any surgery is what you do afterward, including therapy. TCO was right on point, from the time my surgery ended to the time I could move my toes. I've had a lot of surgeries, but I've never had the post-care that I had at TCO. Their therapists were right there with me, helping me move forward, and their facilities are second to none. It all felt very personal—they were truly concerned about my condition and getting me healthy again. Choosing TCO was the best decision I ever made; I could never find this type of surgery or care anywhere else. It changed my life forever and I've never looked back.

# "Choosing TCO Was The Best Decision I Ever Made"

ANY ADVICE FOR SOMEONE CONSIDERING ANKLE REPLACEMENT SURGERY?

A. If there's anyone considering this sort of surgery, there is one thing that I would tell you: Go to TCO!

They will take wonderful care of you. It's a no-brainer.

Ahmad Rashad TCO Patient Ring of Honor Recipient

T TWIN CITIES ORTHOPEDICS

OFFICIAL SPORTS MEDICINE PROVIDER



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# PLAYEUK

**Scan the cover** in the Vikings app using the **'augumented reality'** feature under the 'more' tab for more on Adam Thielen.

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EDITOR: Craig Peters

**WRITERS:** Craig Peters, Eric Smith and Lindsey Young

#### ART DIRECTION & DESIGN:

Alicia Dreyer, Taylar Sievert and Elizabeth Bazany

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advertising@vikings.nfl.net

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#### WE ARE VIKINGS, NOT BARBARIANS

We are confident that our fans lead the NFL in enthusiasm, support, hospitality and sportsmanship. Our image is shaped not only by our players, coaches and employees but by our fans, as well. Our goal is to create a high-energy environment to lend support to our team, while maintaining a family-oriented atmosphere.

TO ENSURE that all fans have a pleasant game-day experience, each patron should act responsibly and be considerate of others. Unruly behavior will not be tolerated and, in some cases, might be deemed grounds for dismissal from U.S. Bank Stadium. These cases include, but are not limited to, the following:

- · Being under the influence of drugs or alcohol
- · Underage drinking
- · Actions that are harmful to or endanger others
- · Throwing items of any kind
- Using foul or abusive language and/or gestures
- Displaying inconsiderate behavior toward others
- · Disorderly conduct
- · Wearing obscene or indecent clothing
- · Smoking in non-designated areas

- · Sitting or standing in the aisles
- · Entering or attempting to enter the field of play
- · Failure to follow instructions of stadium security
- · Entering the stadium with any prohibited items
- · Harassment of visiting-team fans

Season Ticket Owners are responsible for the actions of any individual using their tickets. Any of the above behavior by anyone using an account owner's ticket(s) may be cause for non-renewal of ticket privileges. Vikings management and security reserve the right to deem an act or exhibited behavior as inappropriate and take action, based on available information and circumstances. Thank you for making U.S. Bank Stadium an enjoyable and friendly atmosphere to watch Vikings football!

#### REPORT GAME **DAY ISSUES**

Text VIKES (space), the issue and location to:

## 69050

You may also contact an usher or security officer, or stop by the nearest Guest Services location, to report the problem.

Standard text message rates and other charges may apply.

## NFL BAG POLICY

The Vikings strongly encourage fans to not bring any type of bags, but should the need arise, fans will be able to carry the following style and size bag, package or container at stadium plaza areas, stadium gates, or when approaching queue lines of fans awaiting entry into the stadium:



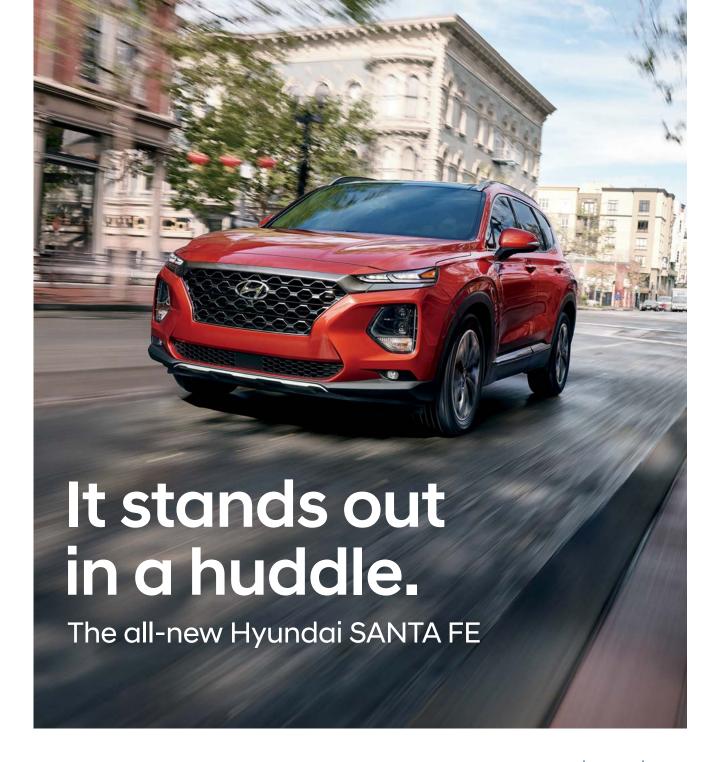
**CLEAR PLASTIC BAG** No larger than 12" x 6" x 12"



**SMALL CLUTCH BAGS** No larger than 4.5" x 6.5"



ONE GALLON BAG Clear plastic freezer bag



With its dynamic design, panoramic sunroof and 8-inch touchscreen navigation, the 2019 Hyundai Santa Fe is head and shoulders above the competition.







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Official Sponsor of the Minnesota Vikings and the NFL

## VIKINGS VS. SAINTS

THE VIKINGS OUTGAINED THE SAINTS 423 TO 270, LIMITED DREW BREES TO 120 PASSING YARDS AND CONTROLLED MUCH OF THE FIRST HALF.

A fumble before halftime provided a momentum swing, however, and Minnesota suffered another turnover in the second half.



WANT MORE? CHECK OUT THE THROUGH-THE-LENS GALLERIES PRESENTED BY ANDERSEN WINDOWS ON VIKINGS.COM OR ON THE VIKINGS APP.





- **[]** After adjusting on the ball in flight for a 31-yard catch, Stefon Diggs was marked down at the 1-yard line. He scored on a pass from Kirk Cousins four plays later. Diggs led Minnesota with 10 catches and 119 yards.
- RB Latavius Murray found a way to surge to the second level multiple times against the Saints, who entered the game with the NFL's No. 1 run defense. Murray recorded 56 rushing yards on 13 carries and found the end zone for the third consecutive game.





**§** | WR Adam Thielen notched an eighth consecutive game with at least 100 yards receiving, tying former Lions WR Calvin Johnson for the NFL record. Thielen made seven catches, including this incredible grab behind the back of P.J. Williams' helmet, for 103 yards.

**14** After being away from the team for five weeks to deal with personal matters, DE Everson Griffen made his first return back to the field against the Saints. Griffen stepped in on the third play of the game and finished the night with one tackle.





- **Saints** QB Drew Brees entered the Sunday Night Football contest without an interception on the season, but Vikings S Harrison Smith halted that streak when he picked off the future Hall of Famer in the second quarter. The interception marked the 20th of Smith's career.
- **06** | DT Linval Joseph smothered Saints RB Alvin Kamara for a loss of 5 late in the first quarter and helped force a three-andpunt. Joseph and the Vikings defense limited Kamara to 45 yards rushing on 13 carries. Minnesota also held Brees to just 120 yards passing, his second-lowest yardage total in 13 seasons with the Saints.

# Minexery Came elay

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-J.D. Power 2018



verizon

Verizon Wireless received the highest numerical score among wireless service providers in the J.D. Power 2017 (V1 & V2) & 2018 (V1) U.S. Wireless Network Quality Performance Studies. The 2018 V1 study is based on 38,595 total responses, measuring the network quality experienced by customers with wireless phones, surveyed July—December 2017, Your experiences may vary. Visit jdpower.com



TODAY'S GAME between the Lions (3-4) and the defending NFC North Champion Vikings (4-3-1) is the 114th meeting between the franchises and 57th in Minnesota.

The Vikings are 72-39-2 all-time and have gone 39-16-1 when hosting the Lions. Minnesota, however, has dropped its past two home games against Detroit.

The Lions are in their first year under Head Coach Matt Patricia. Detroit ranks 16th in yards per game (373.4) and 19th in yards allowed per game (367.7).

The Vikings rank ninth in yards per game

(385.8) and 10th in yards allowed per game (336.4) and are one of three teams in the top 10 in both categories heading into Week 9.

The Lions have outscored opponents 52-13 in first quarters and 54-32 in fourth quarters but have been outscored 61-39 in second quarters and 80-26 in third quarters this season.

The Vikings quarter-by-quarter splits are less severe. Minnesota has been outscored 48-44 in first quarters and 64-46 in second quarters, but it has reversed the tables in second halves. The Vikings have outscored foes 49-39 in third quarters and 58-44 in fourth quarters.

#### **TODAY'S GAME IS** PRESENTED BY

#### P@LARIS®

#### NATIONAL ANTHEM

Navy Band Great Lakes

#### COLOR GUARD

A Joint Services Honor Guard will present the colors. A full-field American flag will be displayed by Vikings Season Ticket Holders who are veterans.

#### SPECIAL PRESENTATION

The Vikings will honor Walter Straka, a World War II veteran. who was held as a prisoner of war during the Bataan Death March.

#### **UNITED HEROES LEAGUE**

The United Heroes League (UHL) empowers military families to stay healthy and active through sports by providing military families free athletic equipment and financial grants to pay league fees. As one of the top military partners for the Minnesota Vikings, UHL is involved with various Salute to Service initiatives and recognizes Kyle Rudolph and Latavius Murray as their first and only NFL player ambassadors.



Salute to Service is a year-round effort to honor, empower and connect our nation's service members, veterans and their families. It is grounded in deep partnerships with nonprofits and organizations that support the military community in the United States and across the world. Since 2011, more than \$26 million has been raised through Salute to Service to fund programs and provide resources that positively impact veterans, active duty military members and their families.



YOU CAN HELP US SUPPORT THE REAL HEROES,
OUR MILITARY VETERANS, WITH A DONATION TO
WOUNDED WARRIORS PROJECT

#### YOU WILL RECEIVE A FREE SKOLDIERS T-SHIRT WITH A MINIMUM DONATION OF \$25 OR MORE

- SHIPPING CHARGES ALSO APPLY -

FANS CAN GET THEIR SKOLDIERS T-SHIRT AT SECTION 143,

A PARTICIPATING POLARIS DEALERSHIP

OR AT VIKINGS.COM/SALUTE





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@2018 LETTLICE ENTERTAIN YOUR RESTAURANTS INC



Tweet your seat location to @vikingspromos for your chance to win prizes from the Vikings Street Team at today's game.



#### KWIK TRIP FAMILY OF THE GAME

Congratulations to today's Kwik Trip Family of the Game, the Doyle Family from Dubuque, Iowa. To have your chance at being the next Kwik Trip Family of the Game and win free Vikings tickets or sideline passes, pull out your phone, open the Vikings app, click on "more," then on

"games," and enter your selection to today's Kwik Trip trivia question.



#### **HY-VEE #SKOL**

Share a photo at today's game using #SKOL to see yourself on the video board and for the chance to win a \$25 Hy-Vee gift card and a \$25 Market Grill gift card!



#### SPALON MONTAGE **GIVEAWAY**

Spalon Montage will be giving away a \$100 gift card at today's game! Show us your gameday hairstyle by tweeting a photo @VikingsPromos using #VikingsHairstyle to enter.



#### MILLER LITE "SNAP & SHARE"

Vikings fans, we want to see your game-day pride! It's easy - snap a photo and share it using #HoldTrue #Vikings, then look for your photo on the video board.



#### COIN TOSS CAPTAIN

U.S. Bank is giving YOU the chance to receive an exclusive experience as the U.S. Bank Coin Toss Captain at an upcoming Vikings game! Enter to win two Vikings tickets, two pregame sideline passes and a commemorative game coin. Visit vikings.com/cointosspasses.



#### **GET CHARGED UP** AT YOUR SEAT

If you're a Verizon Up member. you can check out a free portable phone charger to use during the game. To get yours, visit the Verizon Up Fan Zone located on the main concourse by the Verizon Gate on game day.



#### **CENTURYLINK BOOST BOX**

Enter for a chance to win a CenturyLink Boostbox filled with prizes and exclusive fan experiences handpicked by CenturyLink and Stefon Diggs. For official rules and to enter. visit centurylink.com/Vikings.



#### **BUFFALO WILD WINGS SACKS FOR APPS**

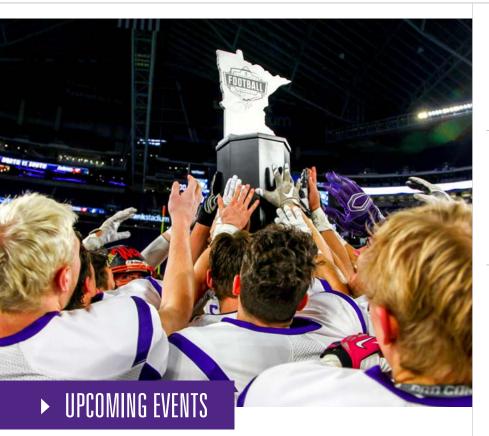
Buffalo Wild Wings brings you "Sacks for Apps" during all Vikings home and away games this season! When the Vikings record 3.0 or more sacks in a game, all fans score a free sharable with a minimum purchase of \$5. Offer is valid for 3 days after each eligible game. Visit vikings.com/bww for your digital coupon and offer details.



#### U.S. BANK HOMETOWN HERO

During each home game, U.S. Bank and the Minnesota Vikings will recognize individuals who have helped make our community a better place. The program honors individuals who have gone to extraordinary measures to make positive differences in the community. If you would like to nominate someone, visit vikings.com/fans/promos/hometown-hero.





#### VIKINGS COUNTRY

THURSDAY, NOV. 8, 6 P.M.

The popular Vikings Country radio show will be broadcast from Bunny's in St. Louis Park on Nov. 8. Host Mike Mussman will be joined by Andrew Sendejo. Tune in on KFAN and the Vikings Radio Network or attend the live hroadcast

#### FRIDAY FOOTBALL FEAST

FRIDAY, NOV. 16, 9 A.M. - NOON

Join KFAN each Friday morning from 9 a.m. to noon for a Friday Football Feast. Paul Allen and Paul Charchian will get you set for the weekend's action, including an in-depth preview of the upcoming Vikings game. Use #MVPTablePromo in your tweets and photos for your chance to win an MVP experience! This week's Friday Football Feast will be at the Buffalo Wild Wings in Plymouth.

#### VIKINGS UNPLUGGED

TUESDAY, NOV. 11 6 P.M.

Vikings fans join Chris Hawkey on Nov. 11 from 6 p.m. - 8 p.m. at the Buffalo Wild Wings in Eagan as he hosts Vikings Unplugged. Hawkey will interview a special guest, plus fans, have a chance to win Vikings autographs and Buffalo Wild Wings gift cards throughout the night.

#### MINNESOTA FOOTBALL SHOWCASE

SATURDAY, DEC. 15

Watch the best of the North face off against the best of the South at U.S. Bank Stadium in the 46th annual High School Football All-Star game. In addition to the game, fans will have the opportunity to get autographs from current Vikings players and Legends as well as meet Vikings Cheerleaders and Viktor the Viking. Tickets are available now at vikings.com/showcase.



THE SOUTH DEFEATED THE NORTH IN THE 2017 MINNESOTA FOOTBALL SHOWCASE PRESENTED BY ANDERSEN WINDOWS AND DOORS.

#### MSHSL QUARTERFINAL PLAYOFFS

The Minnesota Vikings will cap off the inaugural season of Vikings Prep Spotlight presented by FVP at TCO Stadium by hosting three MSHSL Quarterfinal Playoff games on Nov. 9-10. Learn more at vikings.com/prep.

#### **DELTA VIKINGS VILLAGE**

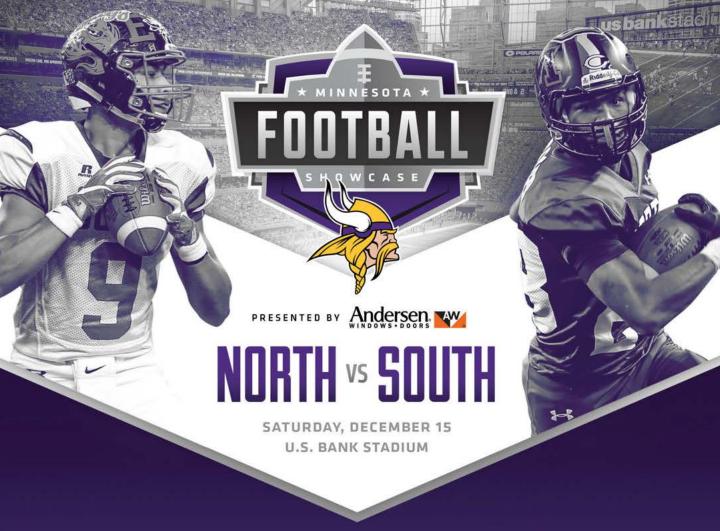
Opening two-and-a-half hours prior to kickoff, this pregame home base for Vikings fans is all about finding your favorite tailgate fare, ice-cold Miller Lite, Vikings Legends autographs and live music from the Pepsi "Sound The North" stage. Delta Vikings Village is free for Vikings fans with or without tickets and will be open before, during and after Vikings home games. Minnesota Vikings Foundation pregame auctions will occur in the Vikings Longhouse presented by PRIMESPORT. During games, auctions will be held on the west concourse of U.S. Bank Stadium, near sections 101 and 143.

#### THE COMMONS

The Vikings will take over the easterly block of The Commons prior to each game this season with great family friendly activities and entertainment. Complete with Vikings inflatable games, face painting, a DJ or live music and visits from Viktor, the SKOL Line and Vikings Cheerleaders, The Minnesota Vikings Foundation will be hosting the "Chuck for Charity" on The Commons before home games. All proceeds will benefit engaging youth education and health programs.



Visit vikings.com/promotions or download the Vikings app for full event listings.



Watch the best of the North face off against the best of the South at the 46th Annual

# MINNESOTA HIGH SCHOOL

**ALL-STAR GAME** 

Cheer on the state's best players on the big stage at U.S. Bank Stadium on December 15th. Get autographs from current Vikings players and Legends as well as meet Vikings Cheerleaders and Viktor the Viking.

**BUY TICKETS AT VIKINGS.COM/SHOWCASE** 





#### PLAYER TO WATCH: OB KIRK COUSINS

COUSINS HAS SHOWN MULTIPLE REASONS why he was so highly sought by teams during free agency. Whether it is a tight-window throw threaded between a corner and safety, a deep ball with pinpoint accuracy or a quicker toss to move the chains, Cousins has impressed as a passer. He enters today's game with 2,521 passing yards, which is the most by a Vikings QB through the first eight games of a season. He also leads the NFL with 241 completions out of 341 attempts, having completed 70.7 percent of his passes. Cousins has 16 touchdowns against four interceptions and enters today's game with a passer rating of 102.5 as a Viking. This will be his second start with Minnesota against an NFC North foe and begin a stretch of three straight games against division opponents. In his lone game against the Lions, Cousins completed 30 of 39 passes for 301 yards with a touchdown for a passer rating of 106.9, but Washington fell in Detroit 20-17 on Oct. 23, 2016.

BACK IN THE DAY: COUSINS WAS A THREE-SPORT STAR AT HOLLAND CHRISTIAN HIGH SCHOOL IN MICHIGAN. HE SET 35 GAME, SEASON AND CAREER FOOTBALL RECORDS FOR THE MAROONS. HE ALSO PITCHED FOR THE BASEBALL TEAM AND PLAYED SHOOTING GUARD IN BASKETBALL.

73 with 300+

Since 2015, when Cousins became Washington's starter, he has 23 games with 300 or more passing yards, which is tied with Philip Rivers for second behind Drew Brees for the most in the NFL in that span. Cousins has four such games since joining the Vikings.

#### 2018 SFASON LEADERS

Passing (Yds)	Kirk Cousins	2,521
Rushing (Yds)	Latavius Murray	386
Receiving (Yds)	Adam Thielen	925
Tackles	Eric Kendricks	59
Sacks	Danielle Hunter	8.0
Interceptions	Harrison Smith	3
KOR (Yds)	Mike Hughes	107
PR (Avg.)	Marcus Sherels	7.8

#### 2018 SCHEDULF

#### PRESEASON (3-1)

P1	8/11	at Denver Broncos	W 42-28
P2	8/18	Jacksonville Jaguars	L 14-10
P3	8/24	Seattle Seahawks	W 21-20
P4	8/30	at Tennessee Titans	W 13-3

REGL	REGULAR SEASON (4-3-1)				
1	9/9	San Francisco 49ers	W	24-16	
2	9/16	at Green Bay Packers	Τ	29-29	
3	9/23	Buffalo Bills	L	27-6	
4	9/27	at Los Angeles Rams	L	38-31	
5	10/7	at Philadelphia Eagles	W	23-21	
6	10/14	Arizona Cardinals	W	27-17	
7	10/21	at New York Jets	W	37-17	
8	10/28	New Orleans Saints	L	30-20	
9	11/4	Detroit Lions			
10	11/11	BYE WEEK			
11	11/18	at Chicago Bears			
12	11/25	Green Bay Packers			
13	12/2	at New England Patriots			
14	12/10	at Seattle Seahawks			
15	12/16	Miami Dolphins			
16	12/23	at Detroit Lions			
17	12/30	Chicago Bears			

#### TOP 2s AGAINST LIONS

#### RUSHING YARDS

Adrian Peterson on 27 attempts in Minnesota (Nov. 11, 2012)

160 Adrian Peterson on 23 attempts in Minnesota (Sept. 26, 2010)

#### PASSING YARDS

404 Daunte Culpepper on 25-of-35 passing at Detroit (Dec. 19, 2004)

Wade Wilson on 28-of-35 passing in Minnesota (Nov. 6, 1988)

#### RECEIVING YARDS

210\* Sammy White on seven catches in Minnesota (Nov. 7, 1976)

Sidney Rice on seven catches 201 in Minnesota (Nov. 15, 2009) \*Vikings regular-season record

#### 2018 SFASON LEADERS

Matthew Stafford	1,912
Kerryon Johnson	466
Golden Tate	517
Jarrad Davis	42
D. Kennard, R. Okwara	5.0
Quandre Diggs, Darius S	lay 1
Jamal Agnew	167
Golden Tate	7.5
	Kerryon Johnson Golden Tate Jarrad Davis D. Kennard, R. Okwara Quandre Diggs, Darius S Jamal Agnew

#### 2018 SCHEDULE

#### PRESEASON (1-3)

P1	8/10	at Oakland Raiders	L	16-10
P2	8/17	New York Giants	L	30-17
P3	8/24	at Tampa Bay Buccaneers	W	33-30
P4	8/30	Cleveland Browns	L	35-17

#### REGULAR SEASON (3-4)

1	9/10	New York Jets	L 48-17
2	9/16	at San Francisco 49ers	L 30-27
3	9/23	New England Patriots	W 26-10
4	9/30	at Dallas Cowboys	L 26-24
5	10/7	Green Bay Packers	W 31-23
6	10/14	BYE WEEK	
7	10/21	at Miami Dolphins	W 32-21
8	10/28	Seattle Seahawks	L 28-14
9	11/4	at Minnesota Vikings	
10	11/11	at Chicago Bears	
11	11/18	Carolina Panthers	
12	11/22	Chicago Bears	
13	12/2	Los Angeles Rams	
14	12/9	at Arizona Cardinals	
15	12/16	at Buffalo Bills	
16	12/23	Minnesota Vikings	
17	12/30	at Green Bay Packers	

#### TOP 2s AGAINST VIKINGS

#### **RUSHING YARDS**

220 Barry Sanders on 23 attempts in Minnesota (Nov. 24, 1991)

Mel Farr on 24 attempts 197 in Minnesota (Nov. 12, 1967)

#### PASSING YARDS

410 Scott Mitchell on 30-of-45 passing at Detroit (Nov. 23, 1995)

378 Matthew Stafford on 32-of-46 passing in Minnesota (Sept. 25, 2011)

#### RECEIVING YARDS

207 Calvin Johnson on 12 catches in Minnesota (Nov. 11, 2012)

Terry Barr on seven catches 165 at Detroit (Nov. 22, 1964)



#### PLAYER TO WATCH: OB MATTHEW STAFFORD

THE 2009 FIRST OVERALL PICK and only quarterback to start more than 100 games for Detroit will be facing the Vikings for the 17th time of his career. In a season's worth of games against Minnesota, Stafford is 8-8 but has led the Lions to three wins in the past four games. He is the only opposing quarterback to go 2-0 so far at U.S. Bank Stadium, where he has completed 42 of 71 passes for 441 yards and one touchdown. Stafford has been sacked eight times in those two starts, including six times in 2017. Strong-armed and strong-willed, Stafford also is skilled at navigating through pocket pressure to extend plays. Stafford's top target this season, Golden Tate, had 44 catches but was traded to the Eagles this week. Kenny Golladay (30) and Marvin Jones, Jr., (26) have combined for 56 receptions.

SACKS REDUCTION: IN THE PAST FOUR SEASONS, STAFFORD HAS BEEN SACKED AN AVERAGE OF 43.3 TIMES, INCLUDING A CAREER-HIGH 47 IN 2017. THIS SEASON, HOWEVER, THE LIONS HAVE ONLY ALLOWED 13 SACKS THROUGH SEVEN GAMES.

**77** WITH **1111**+

Since 2015, Stafford has had 27 games with a passer rating of 100 or higher, which is tied with Kirk Cousins for the fourth-most in the NFL in that span. Stafford has hit the benchmark in five games, and Cousins has four such games this season.

# ALL THE FLAVOR WITH A SMOOTH FINISH



GATORADE FLOW

1	Kyle Sloter	QB
3	Trevor Siemian	QB
5	Dan Bailey	Κ
6	Matt Wile	Р
8	Kirk Cousins	QB
11	Laquon Treadwell	WR
14	Stefon Diggs	WR
15	Brandon Zylstra	WR
17	Aldrick Robinson	WR
19	Adam Thielen	WR
20	Mackensie Alexander	СВ
22	Harrison Smith	S
23	George Iloka	S
24	Holton Hill	СВ
25	Latavius Murray	RB
26	Trae Waynes	СВ
27	Jayron Kearse	S
29	Xavier Rhodes	СВ
30	C.J. Ham	FB
32	Roc Thomas	RB
33	Dalvin Cook	RB
34	Andrew Sendejo	S
35	Marcus Sherels	СВ
40	Kentrell Brothers	LB
41	Anthony Harris	S
42	Ben Gedeon	LB
44	Mike Boone	RB
47	Kevin McDermott	LS
50	Eric Wilson	LB
54	Eric Kendricks	LB
55	Anthony Barr	LB
57	Devante Downs	LB
61	Brett Jones	C
63	Danny Isidora	G
65	Pat Elflein	C
69	Rashod Hill	T
71	Riley Reiff	Τ
72	Storm Norton	Т
74	Mike Remmers	G
75	Brian O'Neill	Т
79	Tom Compton	G
82	Kyle Rudolph	TE
83	Tyler Conklin	TE
89	David Morgan	TE
90	Tashawn Bower	DE
91	Stephen Weatherly	DE
92	Jalyn Holmes	DT
93	Sheldon Richardson	DT
94	Jaleel Johnson	DT
96	Tom Johnson	DT
97	Everson Griffen	DE
98	Linval Joseph	DT
99	Danielle Hunter	DE



RUNNING BACK Dalvin Cook

RIGHT GUARD



QUARTERBACK

CENTER







FULLBACK

C.J. Ham

LEFT GUARD



LIONS DEFENSE



LEFT TACKLE WIDE RECEIVER

#### VIKINGS OFFENSE

TIGHT END



WIDE RECEIVER

Stefon Diggs



RIGHT TACKLE

Rashod Hill

**DEFENSIVE END** 



**DEFENSIVE TACKLE** 



**DEFENSIVE TACKLE** 



**DEFENSIVE END** 



CORNERBACK





STRONG SAFETY Quandre Diggs





FREE SAFETY Glover Ouin



LINEBACKER Christian Jones

#### VIKINGS SPECIAL TEAMS



KICKER Dan Bailey



PUNTER



LONG SNAPPER



PUNT/KICK RETURNER Marcus Sherels



ROSTER AND DEPTH CHART

## MINNESOTA VIKINGS

	OFI	ENSE	
WR	Thielen	Treadwell	Robinson
LT	Reiff	Norton	
LG	Compton	Isidora	
С	Elflein	Jones	
RG	Remmers	Isidora	
RT	Hill	O'Neill	
TE	Rudolph	Morgan	Conklin
WR	Diggs	Zylstra	
QВ	Cousins	Siemian	Sloter
FB	Ham		
НВ	Cook	Murray	Boone

	DEF	ENSE	
LE	Hunter	Bower	
DT	Richardson	T. Johnson	Holmes
NT	Joseph	J. Johnson	
RE	Griffen	Weatherly	
WLB	Gedeon	Wilson	
MLB	Kendricks	Brothers	
SLB	Barr	Downs	
LCB	Waynes	Hill	Sherels
RCB	Rhodes	Alexander	
SS	Sendejo	Kearse	Iloka
FS	Smith	Harris	



Ben Gedeon



SAFETY Andrew Sendejo



LINEBACKER Eric Kendricks



Harrison Smith



LINEBACKER

LIONS OFFENSE





DEFENSIVE END Everson Griffen



NOSE TACKLE



DEFENSIVE TACKLE



DEFENSIVE END Danielle Hunter



CORNERBACK Xavier Rhodes

#### VIKINGS DEFENSE



WIDE RECEIVER Kenny Golladay



LEFT TACKLE Taylor Decker









RIGHT GUARD



RIGHT TACKLE Rick Wagner





RUNNING BACK



LeGarrette Blount

RUNNING BACK Theo Riddick

#### LIONS SPECIAL TEAMS



Matt Prater

KICKER





PUNTER Sam Martin



Don Muhlbach



PUNT/KICK RETURNER TJ Jones

#### ROSTER AND DEPTH CHART



OFFENSE				
WR	Golladay	Powell		
LT	Decker	Donnal		
LG	Ragnow	Dahl		
С	Glasgow			
RG	Lang	Wiggins		
RT	Wagner	Crosby		
TE	Willson	Toilolo	Roberts	
WR	Jones, Jr.	Jones		
QB	Stafford	Cassel		
RB	Blount	Abdullah	Bellore (FB)	
RB	Riddick	Johnson		

DEFENSE			
DE	Okwara	Hyder, Jr.	Lee
DT	Jean Francois	Robinson	
DT	Harrison, Sr.		
DE	Ansah	Hand	
OLB	Kennard	Harold	
MLB	Davis	Bates	
OLB	Jones	Reeves-Maybin	
СВ	Slay	Shead	LeBlanc
СВ	Lawson	Tabor	Pipkins
SS	Diggs	Wilson	Walker
FS	Quin	Killebrew	Washington

5	Matt Prater	K
6	Sam Martin	Р
8	Matt Cassel	QB
9	Matthew Stafford	QB
10	Brandon Powell	WR
11	Marvin Jones, Jr.	WR
13	Tilones	WR
19	Kenny Golladay	WR
21	Ameer Abdullah	RB
23	Darius Slav	СВ
24	Nevin Lawson	СВ
25	Theo Riddick	RB
26	DeShawn Shead	СВ
27	Glover Quin	S
28	Quandre Diggs	DB
29	LeGarrette Blount	RB
31	Teez Tabor	СВ
32	Tavon Wilson	S
33	Kerryon Johnson	RB
34	Cre'Von LeBlanc	СВ
35	Miles Killehrew	S
40		LB
41	Lenzy Pipkins	СВ
42	Devon Kennard	LB
43	Nick Bellore	FB
44		LB
45	Charles Washington	S
47	Tracy Walker	DB
48	Don Muhlbach	LS
	Christian Jones	LB
53	Trevor Bates	LB
55	Eric Lee	DE
57	Eli Harold	LB
60	Graham Glasgow	C/G
61	Kerry Hyder Jr.	DE
65	Tyrell Crosby	OL
66	loe Dahl	G
68	Taylor Decker	T
71	Rick Wagner	T
76	T.J. Lang	G
77	Frank Ragnow	OL
78	Donnal, Andrew	OL
79	Kenny Wiggins	G
80	Michael Roberts	TE
82	Luke Willson	TE
87	Levine Toilolo	TE
91	A'Shawn Robinson	
		DT
93 94	Da'Shawn Hand Ezekiel Ansah	DL DE
	Romeo Okwara	
95 97		DE DT
98	Ricky Jean Francois  Damon Harrison Sr.	
٥٥	Dailloit HalliSUIT SI.	DT

#### Lost voice at Vikings game



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PROUD PARTNER



Kyle Rudolph is scheduled to suit up and make his 58th consecutive start today, which is a franchise record for a tight end and the longest streak by a current player at the position.

BY CRAIG PETERS

THE 2011 SECOND-ROUND PICK ranks fifth in franchise history with 39 touchdown catches and eighth with 354 receptions. Rudolph has continued his production while utilizing his days between games to get his body ready for the next one.

"I always wanted to have longevity in this league," Rudolph said. "Fortunately, I've figured out ways to stay healthy and stay on the field. Early in my career, I missed a full season of games over the course of two years. You kind of learn how to stay healthy, how to take care of your body, how to do the things you can to make sure you're out there every Sunday. That's kind of been my M.O. throughout the course of my career, consistency every week and being the same player."

Rudolph credited "good luck, first and foremost," along with goals and applied knowledge for his consecutive starts streak. He said the amenities at Twin Cities Orthopedics Performance Center "absolutely" help with recovery efforts.

"We have every resource right at our fingertips,



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NOTRE DAME



PLAY BASKETBALL WITH MICHAEL JORDAN

in terms of recovery and doing everything we can to go from feeling the way we feel on Monday mornings to feeling good on Sunday again," Rudolph said. "It's definitely been nice having this building and everything that TCO Performance Center has to offer." Off the field, Rudolph is a proud husband to Jordan and father to their twin daughters, Andersyn and Finley, who recently turned 2. The Rudolphs are

expecting a son in January. He also is immensely philanthropic with his support of sick children undergoing treatment at the University of Minnesota Masonic Children's Hospital, where Kyle Rudolph's End Zone opened this year as a space to

provide respite for patients and families.

WE CAUGHT UP WITH KYLE FOR A TIMEOUT

#### • What have the past two years taught you about

**↑ •** It's gone quick, first of all, but it's been fun. As a  $oldsymbol{h}_{oldsymbol{\cdot}}$  dad, the first year or so, you're just kind of an extra, helping set of hands, but it's really been fun from a year to now. They're 2 years old, and they get really excited when Dad comes home from work. They think I just hang out with Viktor [the Viking] all day at work, so they always ask about Viktor when I get home. They love going to games at U.S. Bank Stadium. ... Anytime they see our Norseman logo, they immediately associate that with Viktor and football, so it's pretty cool.

#### **1.** Even though your girls are identical twins, are their personalities different?

A. Over the last year, as they've continued to grow and develop, we have one that's definitely set in her ways and a little more stubborn. Then, we have one who is just the sweetest thing in the world and is more caring and compassionate. The other one kind of runs things, and she knows that she runs things. If we ever tell her to do something, she'll make her sister do it first, and then once her sister does it, 'OK, I'll do it, too.' It's funny, seeing the way that they've changed personality-wise because they're 98.9 percent identical, but there still are personality differences.

#### Do you have a theory on why they're different?

**↑ •** No, I think our one that's stubborn tends to act harpoonup. like my wife when she was a child – at least that's what Jordan says. She says it, so Fin' is funny because she's so stubborn and stuck in her ways. As a 2-year-old, there's no negotiating with her unless you have Mc-Ms. If she doesn't want to eat, she's not going to eat. If she doesn't want to take a nap, she's not taking a nap. If she doesn't want to go to bed at night, she's not going to bed. There's no negotiating. She does what she wants.

#### Matthew Stafford also has twins. Have you shared any fatherhood stories?

 $oldsymbol{h}_{oldsymbol{\cdot}}$  but his wife and my wife talk a lot. They got connected via social media, and I know that they stay in touch, so we'll have to get pointers from them, in terms of how you deal with a third when you already have twins.

#### What did you and the girls do for Halloween costumes this year?

A. They were '80s fitness instructors, so they went with the whole tights, bright colors and headbands. I was Tigger, and Jordan was Winnie the Pooh.

#### **a**: How did you find a Tigger costume long enough?

**↑ •** It wasn't long enough, but it worked. I think  $oldsymbol{h}_{oldsymbol{\cdot}}$  that was part of the comedy behind it; it was not made for someone my height, but it was the best we could do.



"I don't think the game would last very long, but maybe now that he's 55, I might have a shot."

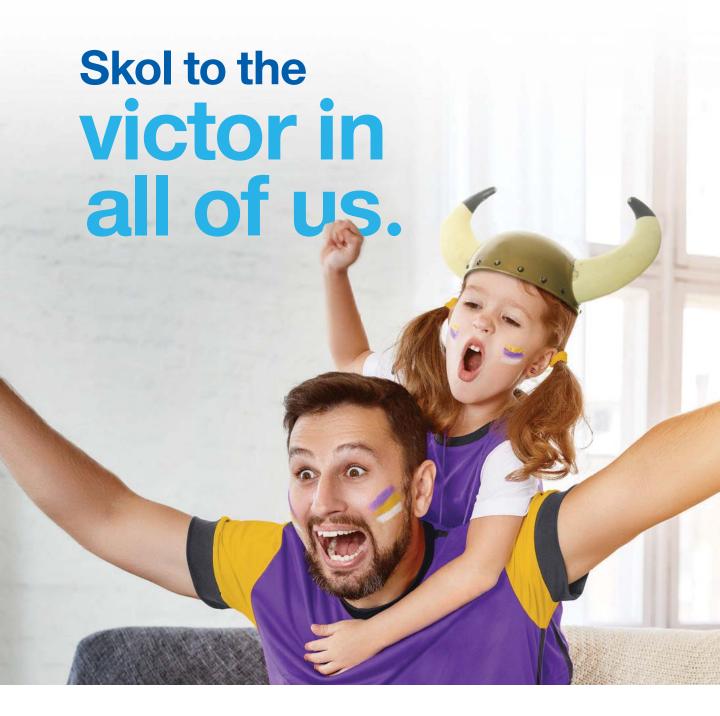
-KYLE RUDOLPH ON IF HE COULD PLAY 1-0N-1 BASKETBALL WITH MICHAEL JORDAN.

#### • As a former basketball player, who would you • As a former pasketoon, p. -, . . most like to play in a game of 1-on-1?

A. I would have to say Michael Jordan, just because it's Michael Jordan. I don't think the game would last very long, but maybe now that he's 55, I might have a shot. He's just someone that I grew up idolizing and was my favorite athlete for my entire childhood. Maybe I need to get him on the golf course, but even then, I don't think I could beat him. Honestly, I just think being able to spend the time on the court with him – hopefully I could make the game last long enough that we could have a good conversation - would be cool.

#### What's it like to be featured as a bobblehead?

A. It's pretty funny, what Pepsi was able to do with all of their guys and kind of making this fantasy football chatter, if you will. They sent a bunch to the house, so we took them to the [University of Minnesota Masonic] Children's Hospital to give them out. It's pretty funny to see yourself as a bobblehead. The girls get a kick out of it.



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MR. MINNESOTA

# Vikings LINDSEY YOUNG

#### **ON AN EARLY TUESDAY MORNING**

in Woodbury, dead-arm dance lessons are in full-force at the Thielen home.

Sunlight streams through the kitchen window onto hardwood floors, and 2-year-old Asher, wearing a baseball T and gray sweatpants, swivels his hips and quickly swings his arms back and forth.

Caitlin Thielen laughs from behind her cell phone video and pans over to Adam. Donned in matching sweats, he loosely dangles his arms and flops them from side to side.

"You gotta let them hang like this," Adam tells his son, giving a tutorial.

The scene isn't unlike many everyday moments for the receiver. Thielen is a family man, a reliable friend and teammate, a generally soft-spoken individual.

It's not uncommon to see Thielen stop and answer questions for reporters several times a week, in addition to his regular media session. For this writer in particular, the receiver felt bad about needing to reschedule an interview – "I need to get home to watch Asher" – and apologized before offering to do the discussion over the phone on his drive home.

Talk about Minnesota nice.

"He's a great teammate," said Vikings safety Anthony Harris of Thielen. "He's a very genuine guy. He's a really family oriented type of guy, so when he's off the field in his spare time, he's hanging out with his family, spending time with his son.

"But at the same time, he treats the team like his family, as well," Harris added. "When he's in the locker room, he's enjoying us. He's laughing, he's joking, he has that same spirit pretty much carried over to both."

And it's really always been that way.

Detroit Lakes High School Activities
Director Rob Nielsen was the Lakers
defensive coordinator when Thielen played
on the varsity squad. The young athlete
impressed coaches every day with his
improbable catches and strong hands, but
he stood out also because of his character.

"Just a first-class person and always doing things the right way," Nielsen said. "That's who he was here, too. He's just a good guy – that's all there is to it."

But on the field, Thielen transforms into a fierce competitor. It's no more Mr. Minnesota nice guy.

"He's always full-go," said Vikings safety George Iloka. "He's always ready. Every play, he's giving you everything. Everything in his route running, everything at the top, at the bottom of the route. Everything in his effort. He just makes some of the most amazing catches. I've never seen a time when he wasn't prepared and he wasn't ready." In the two-plus months since

becoming Thielen's teammate when he signed with Minnesota, Iloka is discovering what those close to Thielen have noticed for years.

For as long as he can remember, Thielen has wanted to win.

Thielen recently recalled growing up in Detroit Lakes and spending long days playing with the neighborhood kids.

"We were in the country, so we had a pretty big lawn. We'd play football out there, baseball, we had a basketball hoop," Thielen said. "We played all the 'night games,' and we made up games."

As a result of living in a small town, it wasn't until seventh grade that Thielen was able to play tackle football for the first time.

#### KEEPING IT 100

With 103 yards on Sunday, Thielen tied former Lion Calvin Johnson's NFL record of eight consecutive games with 100 or more yards.





















"Having to wait that long and having such a love for the game, having played backyard football, flag football and watching the Vikings, I think that when I was finally able to play, I was so ready, so excited that, yeah, that competitive nature definitely came out."

It took a while for Thielen to fine-tune that intensity and use it fully to his teams' advantage, being the first to admit that his drive to win was "sometimes to a fault."

He credits his youth coaches and parents for helping him harness that competitive spirit, even when it meant teaching him tough lessons. Thielen recounted "losing it emotionally" during a middle school basketball game or two and being benched after the outburst.

"I remember having conversations with Coach and him saying, 'Hey, you can't play at a high level when you do those things.' And from then on, I kind of had that in the back of my head," Thielen said. "I still had to work on it, you know? I was kind of late as far as maturing, so I had to work all the way through college to finally hone in and figure out how to use it for the positive and not let it hurt your performance and hurt your team." Bryan Schmid, a former teammate of

Thielen's at Minnesota State University, Mankato, and current coach for the Mavericks, has several memories of Thielen's competitiveness in all types of areas - from video games to the football field.

Schmid was a junior defensive lineman when Thielen came in as a redshirt freshman - "kind of long hair, scrappy-looking, skinny" - and was caught off-guard by his performance on the scout team.

"Numerous times, our scout team quarterback would just throw up a duck, just a bad ball, and [Adam] would somehow find a way to come down with the ball, and we'd be like, 'Who is this guy?' " Schmid said. "He was just kind of this underdeveloped kid going up versus our top corners, going to snag balls. That's kind of how he started to get some of us older guys turning our heads."

Schmid and Thielen became close, and before later becoming roommates, the two would get together with other friends at Thielen's apartment in between classes.

"We would play NBA2K and Madden ... and even in that stuff, he's always laughing and having a good time, but he's super competitive," Schmid said. "He's locked in. When we were living in the same house - bean bags, golfing, anything. He was

having a good time with the guys but never wanted to get beat in anything."

Added Schmid with a laugh: "He'd be the guy once in a while throwing his PlayStation controller across the room."

Schmid has watched Thielen's journey from MSU, to the Vikings practice squad, to this season's current leader in receptions (74) and vards (925). And while he admits that "probably no one but himself" could have imagined how Thielen's story would play out, Schmid said it's his relentless approach to the game he loves that got him here.

Whether it's going up for a deep ball, setting up a run-block situation or acting as the decoy to help somebody get open, Thielen wants to win.

He isn't just competing against the defenders, though. He's competing against himself.

"Even before coaches had a chance to talk to him about a mistake or something like that, he was already so hard on himself," Schmid said. "I think that's one of his best attributes - he just holds himself to such a high standard that he's never going to let himself drop below that."

Nielsen thought back to Thielen's high school days when, after a basketball camp, he posted

He just holds himself to such a high standard that he's never going to let himself drop below that.

- BRYAN SCHMID, THIELEN'S FORMER MSU TEAMMATE



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a note with a list of things he could improve.

"He was by far the best kid on the team," Nielsen said. "But it was, 'I'm not good at this, I could get better at this.' He has that ability to look and say, 'How can I improve?' He doesn't rest on the fact that 'I'm having a great season.' He's never satisfied.

"[Adam is] one of those guys who likes the grind," Nielsen added. "It's what drives him and fuels him, and I think he also understands that's what's made him the player that he is. He doesn't do that, he doesn't get the opportunities."

Ask Thielen's current teammates, and they'll tell you that he tackles practice with the same laser focus that he exhibits on game days.

Harris said that Thielen stays hungry and fights for every catch during the week.

"Sometimes guys talk to him like, 'Hey, we know you want to grab that catch, but if it's a little over-extended, we don't want you laying out and banging yourself up before the actual game," " Harris quipped. "But sometimes it's good to have a player like that - that you have to kind of reel back in."

General Manager Rick Spielman said recently that Thielen has what it takes to be a great NFL receiver both mentally and physically.

"What makes the good great is the way they approach the game off the field - not only what they do in the community and their character, [which Adam has], but how serious they take it in their film study, how they practice," Spielman said. "I was out watching practice, and he's out there

diving for balls, just like it's the game on Sunday. And all the greats I've been around take that approach."

Thielen said it's the hard work at practice that enhances his focus when he laces up his cleats and runs through the tunnel on game day.

"I think a lot of that competitive fire just comes from putting in the work," Thielen said. "When you put that much into it, when you put that much passion and energy and time and commitment into something, it all just comes out."

Thielen has garnered the reputation for being "Minnesota nice"; he's also quickly establishing himself around the NFL as one of the most intense competitors on the field. Both are entirely authentic.

"Off the field, he's never concerned with himself." Schmid said. "He's always trying to make people laugh, make people smile. He's genuine. He's just fun to be around.

"He wants to compete, but then he'll be that guy who's helping the defender up after he catches a fade on him, or slapping him on the butt," Schmid added. "It's never about showboating."

Perhaps a little ironic is the word Iloka used last month to describe the crispness of Thielen's movements on the field.

"When it comes to running routes, that man is nice," Iloka said. "All of his routes start out the same, but at the top of the route, he has a lot of sauce. That's why he's always getting open. He's a great player. But an even better teammate."

#### THIELEN FOUNDATION

state well on the football field, and he's passionate about giving back off it.

Adam, his wife Caitlin and their son, Asher, in September officially launched the Thielen Foundation, which will aim to make a difference in the Twin Cities community.

As the Thielen Foundation's first major gift, University of Minnesota Masonic Children's Hospital was presented with a \$100,000 donation for the behavioral health unit, which provides in-patient and out-patient

"This wasn't just what I wanted to do or what Caitlin wanted to do; it's what we both wanted to do," Adam said. "It wasn't just something that we thought of overnight ... [we made] sure that it's something we both feel strongly about and feel we both can help with."

Mandy Seymour, Senior Director of Behavioral Health Services at M Health and Fairview, said that overlooked by philanthropy.

"For them to come in and identify that an area like behavioral health needed support and philanthropy, is so amazing because it's going to go beyond their gift," Seymour said. "It will really set a path, I hope, for awareness for others."

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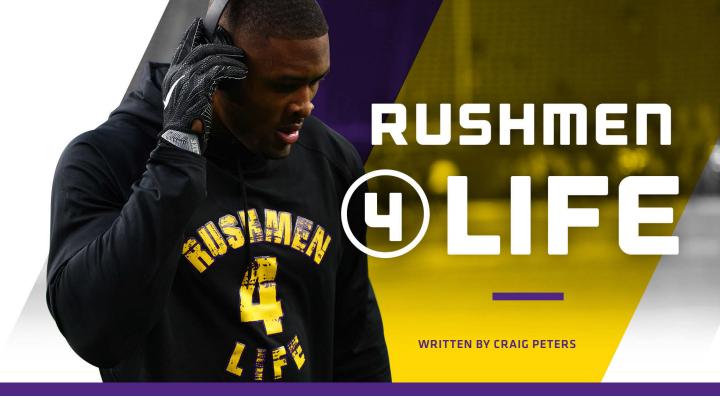


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### RUSHMEN 4 LIFE.

VIKINGS DEFENSIVE line coach Andre Patterson didn't invent the "Rushmen" term during his first stint with Minnesota (1998-99). Instead, he refined it, adding "4 life," which strengthened the brotherhood between teammates and connected the concept to multiple generations of Vikings.

"I think it goes back to the Henry Thomas, Keith Millard era, and then I threw in the '4 life' part," Patterson explained. "We had T-shirts back then, Rushmen 4 Life, and then I left, and probably when [John Randle] left is when it faded away."

Patterson returned to the Vikings in 2014, but he didn't immediately reintroduce the concept to the position group.

"I waited until year two because I didn't think they deserved it yet," Patterson explained on waiting to present hooded sweatshirts to players. "When I thought they rushed with the vigor and tenacity and the nastiness of the great Vikings d-linemen of the past, I told them the story of what Rushmen meant. They earn the right to call themselves Rushmen, and it's a prideful thing for them. It means a lot. They wear those Rushmen hoodies and T-shirts with pride."

Danielle Hunter, who is tied for second in the NFL with 8.0 sacks in 2018, joined the likes of Pro Bowlers Linval Joseph and Everson Griffen in 2015. He was only 20 years old when the season began but knew he was becoming part of a special group.

"It's just kind of like, we're a brotherhood," Hunter said. "We hang out on and off the field. We don't just affect the quarterback, you know? When we're off the field, we hang out and go to

lakes together and all of that stuff, so it's just one big family with the defensive line."

Joseph added: "You just build this bond and get to the point where everybody together, you have eight, 10, 12 guys in the room, and you know when you're going to battle, these are the only guys you have with you, and if you slip, they've got your back and vice-versa. It's a small community."

Griffen, who returned to the lineup last week after missing five games as he worked through a personal matter, described the Rushmen approach during an offseason interview.

"In order to be a Rushman, you've got to own it, you've got to go in with the attitude that, 'I'm going to go outside and work hard on my individual work and also help others," " Griffen said. "When we get on the field and become Rushmen, we go hunting. Like Coach P said, it ain't easy being great, but the Rushmen mentality is doing it day-in and day-out, no matter what circumstances. It's about honing your craft and being great."

This summer, when Millard and Thomas dropped in for Verizon Vikings Training Camp, Patterson made sure the entire position group knew that they were being joined by Rushmen.

Patterson also makes it a point to inform

newcomers of the defensive line legacy that dates back to the dominance of the Purple People Eaters.

Duane Clemons, Jason Fisk and Ben Williams listened to Patterson's history lessons two decades ago. Clemons and Fisk recorded sacks against Detroit in 1998. The defensive line trio was among members who returned for the 20th anniversary celebration during Week 1.

They noted that Stephen Weatherly was wearing a Rushmen 4 Life hoodie during the team's Saturday morning walkthrough. It brought back fond memories, and they reconnected with Patterson on a variety of topics, including the pride in seeing a tradition continued.

"There's always been this great legacy of defensive linemen." Clemons said. "That was kind of like our battle cry. I remember Derrick Alexander, every single day before we went out to practice, 'Rushmen, mount up!'

"We'd all lead that chant, and it would just get us started, and we would set the tone." Clemons added. "There was nothing like going out there on a Sunday, looking at each other, 'You know what we're about to do.' He'd hit that button. 'Rushmen!' We'd all say, 'Mount up!' and it was like releasing a bunch of lions onto a gazelle. As soon as that ball snapped, we were off and running and trying to tear everybody apart that got in our way."

Fisk added: "We'd all get ready and get pumped for the game that way."

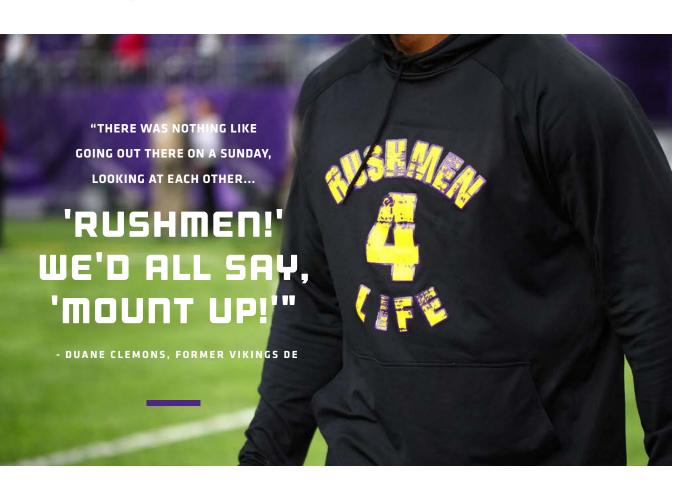
He explained that the explosiveness of Minnesota's offense helped create preferred situations for how the Vikings defensive line was built.

"The blend that we had, if we had to go win a game dirty, trying to run the ball and grind it out, if teams could run the ball 30 plays against us a game, it probably wasn't going to happen," Fisk said, "but because our offense was so capable of putting up points and our defense was geared toward getting after it, teams had to go to the air.

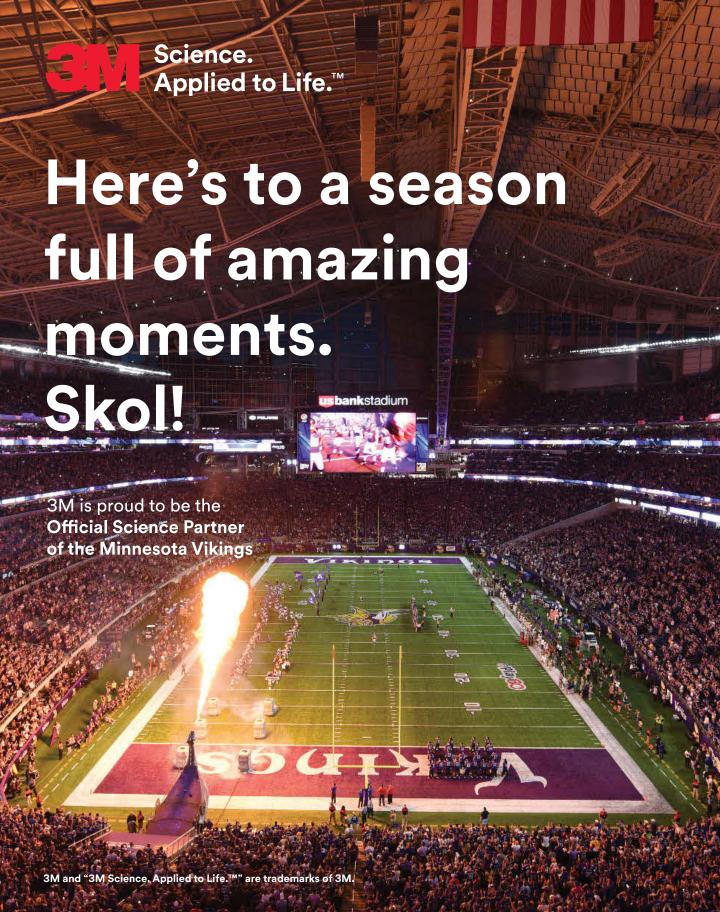
"You have John Randle in the backfield every play, things are going to go bad for you offensively," he added. "We put the pressure on them with our offense, and then, blended with our defense, we could get after quarterbacks and play pass coverage with our defense."

Patterson said he takes pride when former players can see that the current players are familiar with the team's accomplishments.

"It's important that [the current players] understand what they represent when they go out there on that field," Patterson said. "You want to make those guys turn on the TV proud of what you're doing, and that's what I teach to them all of the time."







The Vikings have weathered some ups and downs throughout the first half of the season but have grown stronger as a team, made significant strides and feel confident heading into the second stretch.

BY LINDSEY YOUNG

Minnesota entered the second quarter of its season at 1-2-1 before recording three consecutive wins over the Eagles, Cardinals and Jets. After a tough loss to the Saints last weekend, the Vikings are sitting at 4-3-1 at the midpoint of their 2018 campaign.

There's a lot of season left, and the Vikings can still steer the ship where they want to go.

"I think the biggest thing is, you look at what's ahead," Vikings tight end Kyle Rudolph said. "We can't worry about what the Rams are doing, what the Saints are doing. Our focus has to be on winning the NFC North, getting a home playoff game."

Rudolph pointed out that of Minnesota's final eight games, five are against division

opponents – beginning with today's contest against the Lions.

"Our focus has to be one week at a time," Rudolph said. "We can control our own destiny, in terms of where we fit in the NFC North, because our schedule is so divisionheavy in this second half."

It's interesting to look back at the first halves of the Vikings past couple of seasons. In 2016, Minnesota sat at 5-3 but finished the season 8-8. Last season, the Vikings were 6-2 and finished 13-3.

Just as the Vikings have had a rollercoaster first two quarters of 2018, so have their division rivals. Heading into Week 9, the NFC North standings are listed below. In other words, it's anyone's division for the taking.

"No matter how good or how bad the season has been since I've been in the league, things can shake out different ways," Vikings safety Harrison Smith said. "So there's no panic mode or anything like that. You just have to get back to work."

Vikings quarterback Kirk Cousins, who signed with Minnesota in free agency, is continuing to lead his team with a positive outlook about everything out ahead of them.

"There is a lot of reason to be optimistic now at the halfway point," Cousins said. "I feel we have a really good football team."

SCHEDULE	BEARS (4-3)	VIKINGS (4-3-1)	PACKERS (3-3-1)	LIONS (3-4)
TODAY	AT BILLS	LIONS	AT PATRIOTS	AT VIKINGS
WEEK 10	LIONS	BYE	DOLPHINS	AT BEARS
WEEK 11	VIKINGS	AT BEARS	AT SEAHAWKS	PANTHERS
WEEK 12	AT LIONS	PACKERS	AT VIKINGS	BEARS
WEEK 13	AT GIANTS	AT PATRIOTS	CARDINALS	RAMS
WEEK 14	RAMS	AT SEAHAWKS	FALCONS	AT CARDINALS
WEEK 15	PACKERS	DOLPHINS	AT BEARS	AT BILLS
WEEK 16	AT 49ERS	AT LIONS	AT JETS	VIKINGS
WEEK 17	AT VIKINGS	BEARS	LIONS	AT PACKERS



# CRMP RIPLEY

WRITTEN BY ERIC SMITH

Stephen Weatherly and Jalyn Holmes were in awe at the teamwork in action at Camp Ripley, a staged mission that required a mix of eyes, brains and brawn.

The Vikings defensive linemen listened in as the eyes of the operation, soldiers on the ground a few miles away, tracked a mock target. They then relayed the information to the brains, a group of soldiers in a tent labeled the Fire Direction Center, who analyzed where to launch a projectile based on distance, weather patterns and the weight and temperature of the round.

All of that data was then radioed to the muscle of the unit, a handful of soldiers who prepped and launched the projectile from an M777 Howitzer, a long-distance weapon that can hit a target more than 10 miles away.

It was just another day of training for the 151st Field Artillery Battalion, which is part of the Minnesota Army National Guard.

"The closest thing it could come to is when you have been practicing all week," Weatherly explained in football terms. "You know this team runs this one particular play, and your coach installs one play where you get a chance to stop it and you have been practicing all week and you get the interception in practice.

"Then that play comes in the game, and you are like 'Oh it is about to go down,' and then they run it," Weatherly added. "You get it right in the lane, and you catch an interception ... that's the closest thing to it."

Added Holmes: "You had to trust in the next person that they were going to do their job. Everybody had to do their assignment to the best of their abilities. You've got five people in different places to make sure everything goes to perfection."

Weatherly and Holmes spent a day in mid-July with the unit at Camp Ripley, a 53,000-acre training facility for the Minnesota Army National Guard that is located roughly 100 miles northwest of Minneapolis.

The trip was organized by the United Heroes League, an organization that helps military children stay healthy and active in sports while their parents are deployed. Shane Hudella, the president and founder of United Heroes League, created the organization in 2008.

In addition to Weatherly and Holmes, other athletes such as former Twins star and 2006 American League MVP Justin Morneau, former Gophers hockey player Erik Westrum and Hunter Miska, a Minnesota native who is currently a goalie in the Arizona Coyotes organization, participated.

The day started at the Minneapolis-St. Paul International Airport, where the group hopped on a quick flight to Camp Ripley. The chartered plane was provided free of charge by Best Jets International.

Weatherly, Holmes, Hudella and others in the group met with Charles Hollenback, the battery commander and rank captain for the 151st battalion, for a debriefing of the day's events.

They then trudged out into the rain and wind for an in-depth look at the training regimen by the men and women who are headquartered in Montevideo, Minnesota.

The group met each facet of the unit – the eyes, brains and brawn – getting up-close interactions with each group.

While the first stop included observing maps and computers inside the Fire Direction Center, the highlight occurred in the field when Weatherly and Holmes were each able to pull the mechanism that fires the M777 Howitzer.

Weatherly described the rush of the tactical team getting the information on where to launch the projectile and firing it off less than a minute later, as well as actually being the one to trigger the weapon.

"Just crazy, being able to do that. To have all that power come out as soon as you pulled it, [it's] nothing like going shooting at a range or something like that," Weatherly said. "Just seeing all of the different steps, you start it in the tent, when they process all the information to make sure it lands in the right spot.

"And going out and seeing the guys actually grab the ammunition, make sure it is verified, throw it in there, with the gun powder, with the charge, close it, and then wait for the field captain to say 'fire,' " Weatherly added. "From the time they get the call to the time the gun goes off, it's 45 seconds, so everyone is working smooth, fast and in a hurry. That was crazy. They let me pull it, and I was like, 'I've got to try it at least once.' I was glad I was able to have that opportunity."

The visiting group then spent time with the soldiers who are normally in close proximity

"WE JUST REALLY
APPRECIATE THE
ATHLETES COMING
AND SEEING US,
AND SHOWING
SUPPORT TO US."



#### - CLINT ESBEI

to the enemy. The soldiers relay critical information so the other groups can determine when and where to fire the projectile.

Hollenback said his unit was in the middle of a vigorous eight-day training exercise and appreciated the interactions.

"It provides my guys with a much-needed break and takes their minds off being in the field for this many days," Hollenback said. "Plus, it's just a blast to get to meet these guys and ask them questions. It's a moral uptick for us."

Weatherly, Holmes and the other athletes then signed autographs and interacted with hundreds of soldiers and their families on the grounds.

Clint Ebsen, a soldier at Camp Ripley, said the base was buzzing with the news that Vikings players were visiting.

"We appreciate what they do for our kids. And we can tell they appreciate what we do as well," Ebsen said. "It is nice to have them come out here and see us and get to see what we get to do, too.

"We just really appreciate the athletes coming and seeing us, and showing support to us," Ebsen added. "It is nice that we can show our kids what happens when good people come and do these things for us."

Amanda Gjerde chatted with the players

along with her two children, Margaret and August. Gjerde's husband, Troy, is currently deployed in Kuwait.

"We made the trip out here so that the kids could see some of the sports players and get some autographs," Gjerde said. "We were able to come up here to Camp Ripley where their Dad normally works ... and make that connection between what dad does and the wonderful players who came out."

Weatherly and Holmes said they both already had an appreciation for the military but gained a greater understanding on the operations after their visit

"No doubt. I mean, they are doing something, they are training for something," Weatherly said. "At any point in time they could be called upon to make the ultimate sacrifice just to make sure that I have the opportunity to do something that I love on a daily basis.

"It is very difficult. It is very taxing for people's families," Weatherly added. "Just to see people's families come out and share in a good laugh and brighten everyone's day, if it was only for 45 minutes to an hour toward the end there, it is definitely worth it. It's definitely worth it to do it again."

Added Holmes: "It is always appreciated, the military and the sacrifices they make for us. Their families also make sacrifices. I am glad I got to experience this, and I am appreciative of everything they do for us."

Hudella said he hoped to organize another trip based on the success of this one.

"It was a win all around," Hudella said. "The field artillery is a very technical profession and is very necessary in today's world.

"It's something that most people don't get a chance to experience, and I know the soldiers of 151 were incredibly appreciative of the athletes coming out to see and learn what they do," Hudella added. "And I know the athletes had a blast, literally, on the firing line."



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#### VIKINGS SHARE APPRECIATION DURING VA VISIT

BY CRAIG PETERS

Vikings current players and alumni on Tuesday participated in the team's eighth annual visit to the Minneapolis Veterans Affairs Health Care System to express their sincere gratitude for service and sacrifice of American heroes.

The Vikings met veterans in the hospital's Community Living Center and also visited the Spinal Cord Injury Center, stopping in the physical therapy room to encourage veterans who are rehabilitating injuries.

Nick Easton, whose grandfather served in the military, appreciated the opportunity to connect with the veterans and hear their "stories of bravery and honor and valor."

"People think we brighten their day, but they brighten our day," Easton said. "It's honestly an amazing experience."

Easton, who suffered a season-ending

injury in training camp, was joined by Cornelius Edison and Reshard Cliett, along with Vikings Legends Dave Osborn, Wes Hamilton, Greg Coleman and Ryan Hoag.

Osborn, who is one of the 50 Greatest Vikings, sported a Salute to Service edition Vikings hat. He has become an annual attendee capable of connecting with the veterans, many of whom are of a similar age.

John C. Elliott, who served in the Marines from 1964-68 before working with Vikings Director of Security Kim Klawiter on the Minnesota State Patrol, said appreciation has improved from the time when he and other service members returned from Vietnam.

"There was nothing for us, no thanks," Elliott said of the late '60s and early '70s. "It seems like we get more congratulations now than when we came back."

77

People think we brighten their day, but they brighten our day. It's honestly an amazing experience."

- GUARD NICK EASTON



#### **NONPROFIT OF THE GAME - WOUNDED WARRIOR PROJECT**

Wounded Warrior Project is transforming the way America's injured veterans are empowered, employed and engaged in our communities. With your help, WWP makes sure no warrior or caregiver feels alone. Each contribution helps make a life-changing difference in a warrior's life.



### VIKINGS ENTERTAINMENT NETWORK

Vikings Entertainment Network (VEN) is the umbrella for all Vikings content and entertainment initiatives including Preseason TV, team TV shows, vikings.com and in-stadium programming. Newly open TCO Studios will set the stage for signature Vikings content this season.



#### **QUITE THE COMBO**

Is that Chazz Michael Michaels and Jimmy MacElroy? No, it's Paul Allen and Mike Wobschall, the dynamic duo for Vikings Entertainment Network. With PA and Wobby, you won't have to worry about missing a thing. From reports inside the team hotel during road trips to their "Between the Lines" on-field video recaps after games, this pair has you and the Vikings covered. This photo edit is part of Andy Kenutis' annual Halloween gallery of players and personalities. View the complete 2018 set at Vikings.com or on the official Vikings app.



#### **VIKINGS NOW**

Vikings Now is available for Apple TV, Roku and Amazon Fire TV streaming your favorite video content from Vikings Entertainment Network. Watch game highlights, exclusive interviews and TV shows in 1080p on your home television.



Vikings LIVE, presented by Miller Lite and Mall of America, continues its first season this Thursday in front of a live audience from TCO Studios inside the Vikings headquarters in Eagan. Vikings Rewards members can redeem their points for tickets. Episodes air at 6 p.m. and last 30 minutes.



Vikings GameDay LIVE, the team's one-hour pregame show, is back for its third season. Featuring in-depth analysis and commentary to get you ready for each week's game, Vikings GameDay LIVE will bring you live reports from the field each week. Vikings GameDay LIVE is produced by VEN in conjunction with FOX 9 KMSP and airs Sunday mornings on FOX 9 KMSP.



Vikings Connected is a Vikings fan-centric show driven by digital content and is co-hosted by Chris Hawkey, from the Vikings Radio Flagship KFAN, and Erin Newburg. Fans can interact with the show throughout the season by using #VikingsConnected. Vikings Connected is produced by VEN and will air on KMSP, My 29 WFTC and FOX Sports North.



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U.S. Bank Stadium has made a commitment to minimize its footprint in all areas of operations. You can join our sustainability efforts today in the following ways:

Recycle all cans, plastic bottles, and clean paper (including the Vikings playbook) in a designated recycling bin.

Compost all food containers, beer and soda cups, food waste, napkins, and utensils in a designated compostables bin.





GET TO KNOW

## KATIE M.

#### HOMETOWN: DES MOINES, IA OCCUPATION: DENTAL ASSISTANT

#### WHAT ARE YOUR HOBBIES?

What I enjoy most is spending time with family and friends, whether it is through traveling, watching sports or going to concerts.

#### WHAT IS YOUR BEST LIFE **EXPERIENCE?**

The best experience in my life was my decision last year to leave home and follow my dream of becoming an MVC. In the past two years, I have grown so much as a person. I have experienced many obstacles on this journey that have shown me abilities I never knew I had.

#### WHAT IS YOUR FAVORITE PART OF BEING AN MVC?

As an MVC, I have had opportunities I never dreamed of. Being an MVC has allowed me to serve the community, be on the Super Bowl field, make many new friends and meet countless fellow Vikings fans.



#### FIND KATIE M. IN THIS YEAR'S CALENDAR OR ON THE VIKINGS APP

GET YOUR 2018-2019 VIKINGS CHEERLEADER CALENDAR FEATURING ALL 42 CHEERLEADERS AT TODAY'S GAME OR ONLINE AT VIKINGSLOCKERROOM.COM FOR EXCLUSIVE VIKINGS CHEER PHOTOS, DOWNLOAD THE OFFICIAL VIKINGS APP BY GOING TO MNVKN.GS/APPDOWNLOAD ON ANY DEVICE.



#### **SKETCH BOOK**

Viktor wants to see your sketching skills! Draw a picture of Viktor (or your favorite player or U.S. Bank Stadium or anything else you want!) in the space below and send a photo of it to viktor@vikings.nfl.net! Viktor will be sharing his favorites on Twitter (@ViktorTheViking)!



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BY LINDSEY YOUNG



#### YOU'RE NEVER TOO YOUNG TO BE A VIKINGS FAN.

That's why the Vikings are excited to roll out a new program celebrating the tiniest members of their fan base.

The Vikings Newborn Fan Club, presented by Blue Cross Blue Shield of Minnesota, is available for new parents in hospitals throughout the state of Minnesota. During the season, participating hospitals will be delivering Vikings Newborn Fan Club kits to babies born on Vikings game days. The kit includes a Vikings-branded Halo swaddle and a letter welcoming the infant into the Vikings family.

In addition, all new parents can visit Vikings.com/newborn and sign their infant up for the fan club to receive a digital birth certificate and access to quarterly emails with content about relevant products, insight from Vikings players parenting babies and young children, and much more.

"This is a program that we have been ideating for some time, and we are extremely excited to bring



The Vikings Newborn Fan Club allows new parents to connect with the team during one of the most exciting moments in their lives.

this unique program to life this season," said Vikings Senior Manager of Youth Marketing Brandon Clemens. "We have many outlets to engage with fans of all ages, and the Vikings Newborn Fan Club allows new parents to connect with the team during one of the most exciting moments in their lives.

"We are very fortunate to have a wonderful partner in Blue Cross Blue Shield of Minnesota involved with this program," Clemens added. "This is a one-of-a-kind initiative, and we hope to enhance this outreach and engagement with our young Vikings fans as they continue to grow with the team in the future."

Cindy Osborn, RN, helped the Vikings with a pilot launch of the program earlier this year at the University of Minnesota Masonic Children's Hospital and personally delivered Vikings-branded onesies and SKOL towels to each newborn's room.

"This has really been an amazing experience to work with Brandon and the Vikings around this Newborn Club," Osborn said, pointing out that patients and their families can see U.S. Bank Stadium from the hospital.

"There's just a lot of excitement," Osborn said. "And it goes beyond the child experience. It's the mothers who feel very special, as well, and their babies get something special. So I think it'll be really great."

VISIT VIKINGS.COM/NEWBORN TO SIGN YOUR INFANT UP FOR THE NEWBORN FAN CLUB



#### SPOTLIGHT ON **ENGAGING FANS**

At U.S. Bank Stadium, we strive to give guests the ultimate experience, and Kip Abrahamson takes tremendous pride in doing so.

Have you witnessed a SKOL Service team member going above and beyond? E-mail your story to

GUESTSERVICES@VIKINGS.NFL.NET



On game days, Kip works as an usher in section 342/343. In addition to directing guests to their seats and managing fan traffic in and out of the seats, Kip loves engaging with fans who attend games. Kip's most rewarding part of working Vikings games is supporting guests who need additional assistance, such as obtaining needed wheelchair services or attempting to arrange alternative seating for fans who are finding the trek to the top of the stadium a bit too much.

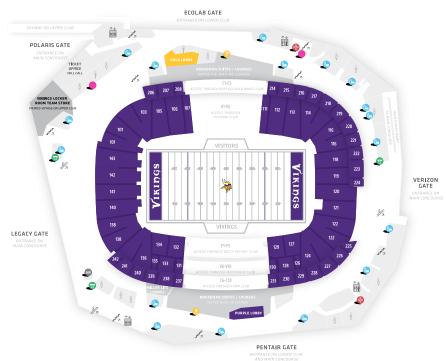
Kip goes above and beyond to ensure fans are enjoying their time at U.S. Bank Stadium, and season ticket holder Curt G. can attest to that. He said: "We have visited with [Kip] every game, and he is a great staff member. He is always pleasant and helpful."

Kip grew up in Minneapolis and has lived in Saint Paul for more than 30 years. He has been a Minnesota Vikings fan since the very beginning and was in attendance for two of the team's most memorable playoff games: the "Hail Mary" game against the Dallas Cowboys at Metropolitan Stadium in 1975, and the "Minneapolis Miracle" game against the New Orleans Saints at U.S Bank Stadium in January.

Kip spends most of his free time bicycling. His dream is to become the oldest person to complete "The Race Across America."

Thank you, Kip, for your dedication to the Minnesota Vikings and your desire to give fans the ultimate experience. We are so grateful to have you as Team Member!

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#### **UPPER CONCOURSE**



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- TRUSS BAR
- LODGE BAR
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#### **PURPLE LOBBY**

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- FMP CLUB
- TURF & TOUCHDOWN SUITES
- VALHALLA SUITES
- NORSEMAN SUITES 16-25
- SE NORSEMAN SUITES
- LOFT SUITES 28-46



#### CONCESSIONS

#### FOOD

#### **BBO GRILLED CHICKEN** SANDWICHES

Plaza stand

#### **BRISKET SANDWICHES**

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#### **CHEESE CURDS**

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#### CHEESEBURGERS

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111

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#### **RIB TIPS**

Lola at the Longhouse and Plaza stand, 334

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Lola at the Longhouse and Plaza stand

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#### **ICE CREAM**

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#### MINI DONUTS

#### **ROASTED ALMONDS**

#### BEVERAGES

#### ALL CONCESSIONS STANDS AND FOOD PORTABLES

Bottled Water, Bottled Soda

#### ALL CONCESSIONS STANDS

Fountain Soda, Gatorade, Draft Beer

#### **ALL BEER PORTABLES**

16oz Canned Beer

#### **CRISPIN HARD CIDER**

#### 124, 328

#### **HENRY'S HARD** SPARKLING WATER

124, 328

#### **CRAFT BEER WALL & COCKTAILS ON TAP**

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#### CONCESSION STANDS

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**612 BURGER KITCHEN 143, 339** 

**AZ CANTEEN HOAGIES 344** 

**AZ CANTEEN ROTISSERIE** 121

MARKET BBO 324

**CARIBOU COFFEE 138** 

**CURDS & CAKES 114** 

**ENDZONE GRILL** West

EndZone (Event Level)

LOLA'S WINGS Delta Vikings

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**WALKING TACO 132, 160** 



MILL CITY CLASSICS -**SECTIONS 113, 317** 

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