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JAVON RINGER

*RUNNING BACK • 5'9" • 207 lbs • COLLEGE: MICHIGAN STATE
ACQUIRED: 5TH ROUND - 2009 • NFL EXP. (NFL/TITANS): 3/3
HOMETOWN: DAYTON, OHIO
GAMES PLAYED/GAMES STARTED: 34/0 (PLAYOFFS: 0/0)*



PRO: In Javon Ringer's third NFL season, the compact, powerful runner is again positioned to serve as the primary back-up to Pro Bowl starter Chris Johnson. Ringer joined the Titans in 2009 as a fifth-round draft choice after proving himself at the highest level of collegiate competition. At Michigan State, he spent four years solidifying his status as one of the top offensive players in Spartans history, a running back with workhorse pedigree as well as big-play capabilities.

CAREER HIGHLIGHTS:

- In his first two NFL seasons (2009-10), Ringer played in 22 games and totaled 287 yards on 59 rushing attempts (4.9 avg.).
- At the 2009 NFL Scouting Combine, just five weeks after knee surgery, he ran the 40-yard dash in 4.56 seconds, recorded a 34-inch vertical jump and bench pressed 225 pounds 23 times.
- Ringer is Michigan State's second all-time leading rusher (Lorenzo White) with 4,398 yards.

TITANS TIDBITS:

- Ringer is the youngest of nine children in his family.
- His upbringing provided him with two great examples of faith. His father, Eugene, is a pastor at Faith Temple Pentecostal Church of God in Dayton, Ohio, and his mother, Darlene, is both a minister at the church and an accountant.
- Ringer became the second Michigan State player to lead the Spartans in rushing for four consecutive seasons. The only other player to do so was Lorenzo White, a former first-round draft choice of the Houston Oilers, who ranks third in Oilers/Titans history in rushing yards.

CAREER TRANSACTIONS:

- The Dayton, Ohio, native was selected by the Titans in the fifth round (173rd overall) the 2009 NFL Draft.

SEASON RECAPS:

2011 (12/0): Appeared in 12 games as a reserve running back and carried the ball a career-best 59 times for 185 yards with a score. Notched a career-high 28 receptions for 187 yards. Was placed on injured reserve on Dec. 19, 2011. Led the team in rushing yards twice in 2011 (vs. HST, vs. IND). Led or tied for the team lead in receptions twice in 2011 (at PIT, vs. IND).

- At Jacksonville (9/11), was inactive.
- Against Baltimore (9/18), played in a reserve role at running back and carried the ball five times for 21 yards with a touchdown. Hauled in career-highs with two receptions and 30 receiving yards. Gave the Titans a 17-10 lead with a 10-yard touchdown run on a fourth-and-one flip play with 11:10 remaining in the third quarter. Snared a career-long 18-yard reception in the third quarter.
- Against Denver (9/25), saw action as a reserve running back and snared two receptions for 17 yards. Carried the ball six times for minus-six yards. Hauled in a 13-yard reception during the Titans' scoring drive in the second quarter. Extended the Titans' game-winning touchdown drive with a four-yard catch on third-and-two in the fourth quarter.
- At Cleveland (10/2), played in a reserve role at running back and carried the ball four times for four yards.
- At Pittsburgh (10/9), saw action as a reserve running back and carried the ball three times for 12 yards. Tied for the team lead with six catches for 16 yards. Recovered a Matt Hasselbeck fumble in the fourth quarter.
- Against Houston (10/23), played as a reserve running back and led the team with 31 rushing yards on three carries. Hauled in one reception for 17

yards. Talled a game-high 25-yard rush up the middle in the third quarter.

- Against Indianapolis (10/30), saw action as a reserve running back and led the team with 60 rushing yards on 14 carries. Led the team with five receptions for 42 yards.
- Against Cincinnati (11/6), played in a reserve role at running back and carried the ball four times for 11 yards. Grabbed a 14-yard screen pass on third-and-nine during the Titans' touchdown drive before the half.
- At Carolina (11/13), carried the ball six times for 19 yards and caught one pass for seven yards.
- At Atlanta (11/20), played as a reserve at running back and caught three passes for 35 yards. Hauled in two receptions for 26 yards during the Titans' scoring drive at the end of the first half.
- Against Tampa Bay (11/27), played as a reserve running back and carried the ball nine times for 12 yards and snared four receptions for six yards.
- At Buffalo (12/4), played as a reserve at running back and carried the ball five times for 21 yards. Caught two passes for minus-eight yards.
- Against New Orleans (12/11), saw action as a reserve at running back and caught one pass for 11 yards before leaving the game in the second quarter with an injury.
- At Indianapolis (12/18), was inactive.

2010 (16/0): Appeared in all 16 games as a reserve running back and carried the ball 51 times for 239 yards with two touchdowns. Led the team in rushing yards once (at HST).

- Against Oakland (9/12), carried the ball five times for 33 yards and a touchdown. Scored his first career touchdown on a 15-yard run to give the Titans a 17-3 lead in the second quarter. Sealed the game with a 12-yard run on third-and-six late in the fourth quarter.
- At N.Y. Giants (9/26), carried the ball six times for 30 yards. Kept a Titans' scoring drive alive with a 17-yard run on third-and-seven in the fourth quarter.
- Against Denver (10/3), carried the ball twice for 50 yards. Registered a career-best 54-yard run off left end in the second quarter.
- At Dallas (10/10), hauled in his first career NFL reception for nine yards.
- At Jacksonville (10/18), played in a reserve role at running back and tallied a career-high 10 carries for 42 yards.
- At Houston (11/28), played in a reserve role at running back and led the team with 27 rushing yards on four carries. Talled a 17-yard rush off left guard late in the fourth quarter.
- Against Indianapolis (12/9), carried the ball twice for 10 yards and caught one pass for eight yards. Extended the Titans' third touchdown drive with a nine-yard run on a draw on third-and-four in the final stanza.
- Against Houston (12/19), carried the ball four times for 19 yards and a touchdown. Extended the Titans lead to 31-10 with a seven-yard touchdown off left guard late in the third quarter.

2009 (6/0): In six games, carried the ball eight times for 48 yards and registered a special teams tackle on coverage units. Also returned nine kickoffs for 181 yards. Was inactive in nine games and did not play in one contest.

- At Pittsburgh (9/10), returned three kickoffs for 59 yards in season opener and professional debut. Also collected a special teams stop on coverage units.
- Against Houston (9/20), returned six kickoffs for 122 yards.
- At New England (10/18), carried the ball seven times for 47 yards, including a 32-yard scamper in fourth quarter.

COLLEGE:

- In 45 career games (26 starts) at Michigan State, he became the school's second all-time leading rusher and the Big Ten Conference's 10th all-time leading rusher with 4,398 yards, trailing only Lorenzo White (4,887) in MSU history. Reached the 100-yard rushing mark 19 times in his career, a total surpassed only by White (23) in school annals. Ringer's 843 carries also ranked second behind White (1,082), and his 34 rushing touchdowns ranked fourth in school history. With an additional 719 receiving yards and 309 kickoff return yards, he became the school's career leader with 5,426 career all-purpose yards.
- As a senior (2008), was Doak Walker Award finalist, first-team Associated Press All-American, Walter Camp All-American, second-team *Sporting News* All-American, consensus All-Big Ten selection and recipient of Governor's Award (team MVP). Ranked fourth in NCAA FBS with 1,637 rushing yards (125.9 per game) and led nation in scoring (10.15 points per game), rushing touchdowns (22) and rushing attempts (390). Led Big Ten and ranked 15th in country with 2,051 all-purpose yards (157.8 per game), including 28 receptions for 190 yards (6.8 avg.). Ran for over 100 yards in seven contests, including pair of 200-yard games.
- Against Eastern Michigan (9/6), scored career-high five rushing touchdowns, representing second-best single-game total in school history.
- Against Florida Atlantic (9/13), rushed for career-high 282 yards, posting fourth-highest single-game rushing total in school history. All-purpose yardage total of 309 yards was second most in school history.
- As a junior (2007), named second-team All-Big Ten Conference by league's coaches and media, adding team MVP honors. Ranked fourth among Big Ten rushers with 1,447 yards on 245 attempts (5.9 avg), including six touchdown carries. Was second on squad with 35 receptions for 295 yards (8.4 avg). Ranked fifth in league while leading Spartans with 1,742 all-purpose yards (134.0 per game). Had seven 100-yard rushing games.
- As a sophomore (2006), played eight games (five starts) and led team with 497 rushing yards on 86 carries (5.8 avg.). Totaled 678 all-purpose yards. Earned Biggie Munn Award as team's Most Inspirational Player.
- As a freshman (2005), earned Freshman All-America honorable mention from *The Sporting News*, adding Freshman All-Big Ten first-team honors.

In 11 games (no starts), led team with 122 carries for 817 yards (6.7 avg.) and five touchdowns, second-best season total by Spartans freshman. Registered 955 all-purpose yards, including 138 receiving yards.

- Majored in sociology.

PERSONAL:

- Splits time between Nashville and Dayton, Ohio.
- At Chaminade-Julienne (Dayton, Ohio) High School, was three-time All-Ohio selection and amassed 6,184 yards and 81 touchdowns in 33 games. Was Super Prep All-American selection as senior and rated among nation's top running backs by Rivals.com (18th), Super Prep (29th) and College Football News (31st). Named to All-Midwest team by Super Prep, Prep Football Report and Prep Star.
- As high school senior, rushed for 1,790 yards and 21 touchdowns in just seven contests.
- Also lettered in track, producing personal best 10.6-second 100-meter dash.
- At Michigan State, was actively involved in MSU Multicultural Program, Academic Gladiators and MSU Child Development Lab.
- List of favorites: (TV shows) "Family Guy" and "The Fresh Prince of Bel Air"; (music) gospel and classic R&B; (school subject) math; (car) Chevy Camaro; (video game) Dragon Ball Z; and (food) fried chicken.
- Born Javon Eugene Ringer on Feb. 2, 1987 in Dayton, Ohio.

RINGER'S GAME-BY-GAME

2009 Tennessee Titans				RUSHING					RECEIVING				
Date	Opp	W/L	P/S	Att	Yds	Avg	Lg	TD	No	Yds	Avg	Lg	TD
Sept 10	@ Pit	L	p	0	0	-	-	0	0	0	-	-	0
Sept 20	Hou	L	p	0	0	-	-	0	0	0	-	-	0
Sept 27	@ NYJ	L	DNP										
Oct 4	@ Jax	L	p	0	0	-	-	0	0	0	-	-	0
Oct 11	Ind	L	p	0	0	-	-	0	0	0	-	-	0
Oct 18	@ NE	L	p	7	47	6.7	32	0	0	0	-	-	0
Nov 1	Jax	W	IA										
Nov 8	@ SF	W	IA										
Nov 15	Buf	W	IA										
Nov 23	@ Hou	W	IA										
Nov 29	Ari	W	p	1	1	1.0	1	0	0	0	-	-	0
Dec 6	@ Ind	L	IA										
Dec 13	StL	W	IA										
Dec 20	Mia	W	IA										
Dec 25	SD	L	IA										
Jan 3	@ Sea	W	IA										
Totals	8-8	6/0		8	48	6.0	32	0	0	0	-	-	0

Additional Statistics: 3 kickoff returns for 59 yards at Pittsburgh (Sept. 10), 6 kickoff returns for 122 yards vs. Houston (Sept. 20)

2010 Tennessee Titans				RUSHING					RECEIVING				
Date	Opp	W/L	P/S	Att	Yds	Avg	Lg	TD	No	Yds	Avg	Lg	TD
Sept 12	Oak	W	p	5	33	6.6	15t	1	0	0	-	0	0
Sept 19	Pit	L	p	2	1	0.5	1	0	0	0	-	0	0
Sept 26	@ NYG	W	p	6	30	5.0	17	0	0	0	-	0	0
Oct 3	Den	L	p	2	50	25.0	54	0	0	0	-	0	0
Oct 10	@ Dal	W	p	4	5	1.3	4	0	1	9	9.0	9	0
Oct 18	@ Jax	W	p	10	42	4.2	13	0	1	8	8.0	8	0
Oct 24	Phi	W	p	2	9	4.5	5	0	0	0	-	0	0
Oct 31	@ SD	L	p	2	3	1.5	2	0	0	0	-	0	0

Nov 14	@ Mia	L	p	6	4	0.7	3	0	1	4	4.0	4	0
Nov 21	Was	L	p	1	1	1.0	1	0	0	0	-	0	0
Nov 28	@ Hou	L	p	4	27	6.8	17	0	1	4	4.0	4	0
Dec 5	Jax	L	p	0	0	-	0	0	1	4	4.0	4	0
Dec 9	Ind	L	p	2	10	5.0	9	0	1	8	8.0	8	0
Dec 19	Hou	W	p	4	19	4.8	7t	1	0	0	-	0	0
Dec 26	@ KC	L	p	0	0	-	0	0	0	0	-	0	0
Jan 2	@ Ind	L	p	1	5	5.0	5	0	1	7	7.0	7	0
Totals	6-10	16/0		51	239	4.7	54	2	7	44	6.3	9	0

2011 Tennessee Titans				RUSHING					RECEIVING				
Date	Opp	W/L	P/S	Att	Yds	Avg	Lg	TD	No	Yds	Avg	Lg	TD
Sept 11	@ Jax	L	IA										
Sept 18	Balt	W	p	5	21	4.2	12	1	2	30	15.0	18	0
Sept 25	Den	W	p	6	-6	-1.0	3	0	2	17	8.5	13	0
Oct 2	@ Cle	W	p	4	4	1.0	4	0	0	0	-	0	0
Oct 9	@ Pit	L	p	3	12	4.0	5	0	6	16	2.7	8	0
Oct 23	Hou	L	p	3	31	10.3	25	0	1	17	17.0	17	0
Oct 30	Ind	W	p	14	60	4.3	13	0	5	42	8.4	15	0
Nov 6	Cin	L	p	4	11	2.8	5	0	1	14	14.0	14	0
Nov 13	@ Car	W	p	6	19	3.2	9	0	1	7	7.0	7	0
Nov 20	@ Atl	L	p	0	0	-	0	0	3	35	11.7	15	0
Nov 27	TB	W	p	9	12	1.3	7	0	4	6	1.5	5	0
Dec 4	@ Buf	W	p	5	21	4.2	11	0	2	-8	-4.0	-3	0
Dec 11	NO	L	p	0	0	-	0	0	1	11	11.0	11	0
Dec 18	@ Ind	L	IA										
Dec 24	Jax								Placed on injured reserve on Dec. 19, 2011				
Jan 1	@ Hou												
Totals	7-7	12/0		59	185	3.1	25	1	28	187	6.7	18	0

JAVON RINGER'S NFL STATISTICS

REGULAR SEASON				RUSHING					RECEIVING					KICKOFF RETURNS				
Year	Team	GP	GS	No	Yds	Avg	Lg	TD	Att	Yds	Avg	Lg	TD	No	Yds	Avg	Lg	TD
2009	Tennessee	6	0	8	48	6.0	32	0	0	0	-	-	0	9	181	20.1	25	0
2010	Tennessee	16	0	51	239	4.7	54	2	7	44	6.3	9	0	0	0	-	-	0
2011	Tennessee	12	0	59	185	3.1	25	1	28	187	6.7	18	0	0	0	-	-	0
NFL Totals		34	0	118	472	4.0	54	3	35	231	6.6	18	0	9	181	20.1	25	0

Single-Game Highs

Rushing Attempts - **14 vs. Indianapolis (10/30/11)**

Rushing Yards - **60 vs. Indianapolis (10/30/11)**

Long Rush - 54 vs. Denver (10/3/10)

Rushing Touchdowns - **1 (Three times, last vs. Baltimore 9/18/11)**

Receptions - **6 at Pittsburgh (10/9/11)**

Receiving Yards - **42 vs. Indianapolis (10/30/11)**

Long Reception - **18 vs. Baltimore (9/18/11)**

Kickoff Returns - 6 vs. Houston (9/20/09)

Kickoff Return Yards - 122 vs. Houston (9/20/09)

Long Kickoff Return - 25 vs. Houston (9/20/09)

Additional Career Statistics

Special Teams Tackles - 1 (2009)