

## The Fantasy Fool's Top 50 Running Backs

Rankings are based on each player's projected position by the end of the 2014 season. This is a value ranking, NOT a recommended draft order. Players may be drafted significantly higher or lower based upon their perceived value to other owners. Stats are from 2013. Visit the Fantasy Fools blog at <http://fantasy-fools.blogspot.com/> for daily fantasy advice.

Categories >>		Elite	Near Elite	Solid	Marginal		Strictly Insurance		Updated: 8/12/14
Rank	Player	Team	Final '13 Rank	Rush Yards	Rush TDs	Rec	Rec Yards	Rec TDs	Fool's Take
1	LeSean McCoy	PHI	2	1607	9	52	540	2	I've been a Shady booster for at least 3 years. Still love him and I'm not the least bit concerned about Sproles. Gets the nod over Charles thanks to the Eagles' prolific offense.
2	Jamaal Charles	KC	1	1288	12	70	693	7	Somehow, even though every defense knows he is the Chiefs' entire offense, he manages to produce. That's impressive.
3	Marshawn Lynch	SEA	4	1257	12	36	316	2	The anchor of a run-first offense blessed with speed, power and occasional freakish ferocity, Beast Mode is underrated in most circles this year.
4	Giovani Bernard	CIN	16	695	5	56	514	3	We know the potential is there, but will he reach it? My Magic 8 Ball says yes. If you wait until the 3rd round to grab your first RB, Bernard could make you look like a genius.
5	Adrian Peterson	MIN	6	1266	10	29	171	1	Until he's no longer AP, he's AP. With a rookie QB likely at the helm, he'll be option #1, 2 and 3 again.
6	Eddie Lacy	GB	7	1178	11	35	257	0	If he can string together 16 games, there's no reason he can't join the ranks of the elites. Rodgers makes his job easy.

7	Matt Forte	CHI	3	1341	9	75	592	3	Coming off his best year since his rookie campaign, the different was in his goal-line touches. Assuming that continues this season, he'll be elite again.
8	Zac Stacy	STL	18	973	7	26	141	1	Proved he could handle the bell cow role as a rookie. All he needs is for Bradford to stay healthy and give him some cover. Stacy has the talent to put up elite numbers.
9	Montee Ball	DEN	41	560	4	20	145	0	Ball is the consensus pick to become the next great fantasy RB, now that Moreno is in Miami. He certainly steps into an ideal situation, and he showcased his talent down the stretch in '13. Still, he seems like a leap of faith in the 1st round. His preseason appendectomy is not expected to cost him any regular season starts.
10	Alfred Morris	WAS	14	1275	7	9	78	0	Regressed along with his QB last season, but is due for a rebound. Morris is still the workhorse in the Redskins offense and should prosper if RG3 and his receivers do their jobs.
11	LeVeon Bell	PIT	15	860	8	45	408	0	I was one of his biggest proponents last year, but I believe he's widely overrated this season. I don't think he'll put up RB1 numbers, and certainly isn't worth a 1st round pick.
12	Reggie Bush	DET	10	1006	4	54	506	3	Still on the right side of 30, Bush will continue to be a multi-purpose weapon in Detroit's explosive offense. Don't overlook him even if you don't play in a PPR league.
13	Arian Foster	HOU	44	542	1	22	183	1	Injuries seem to have taken a major toll on the once-studly RB. He mused about retirement in the offseason and he'll be entering the new season with a gimp hamstring. Caveat emptor.

14	Rashad Jennings	NYJ	22	733	6	36	292	0	With David Wilson retiring, the starting role is Jennings' to lose. He won't, and he'll have a chance to put up strong RB2 numbers.
15	Frank Gore	SF	13	1128	9	16	141	0	At the ripe old age of 31, Gore can still dominate a game by himself. He doesn't do it as often any more, but he's still a terrific RB2.
16	DeMarco Murray	DAL	8	1124	9	53	348	1	The Cowboys have assembled a talented OL, but do you really believe Murray can stay intact?
17	Andre Ellington	AZ	25	652	3	39	371	1	Now that he's the unquestioned starter, Ellington has the chance to truly shine. But can he do what so many RBs before him have failed to do: Make the Cardinals a rushing team? I'll believe it when I see it.
18	C.J. Spiller	BUF	27	927	2	34	197	0	It's hard to trust him after his bust year in 2013, but you just know Spiller's a threat to take every carry to the house. You can't spend a premium pick on him, but who would be shocked if he returned to his late-2012 form?
19	Ryan Mathews	SD	12	1255	6	26	189	1	Sorry, I prefer RBs that don't fumble and stand on the sidelines when the game is on the line. Just not a fan.
20	Chris Johnson	NYJ	9	1077	6	42	345	4	His CJ2K years are far behind him and he is not expected to play the workhorse role in NY. CJ1K is probably his ceiling.
21	Trent Richardson	IND	34	563	3	35	316	1	With Donald Brown gone and Vick Ballard (Achilles) lost for the season, Richardson has only an aging Ahmad Bradshaw to compete with for carries. He can't do any worse than '13, but can he rebound? For the right draft price, it would be worth the risk.

22	Doug Martin	TB	56	456	1	12	66	0	Arguably 2013's biggest bust before being shelved for the season, Martin has much to prove. And with a new starting QB, he'll be leaned on heavily. I thought he was overrated in '13 so, no, I'm not predicting greatness this year either. He's on my DND (Do Not Draft) list.
23	Stevan Ridley	NE	26	773	7	10	62	0	Drafting a Patriot RB is an exercise in frustration. Ridley is still the starter, and LeGarrette Blount is gone; but there are still plenty of other options -- most notably Shane Vereen -- for Belichick to play with.
24	Bishop Sankey	TEN	--	--	--	--	--	--	He should walk right into a starting job. What he lacks in power and speed, he makes up for with versatility. The Titans say he's a perfect fit for their system, which sounds to me like he's mediocre.
25	Toby Gerhart	JAX	64	283	2	13	88	0	Finally out of AP's shadow, Gerhart should be the workhorse of the Jags' offense. How lucrative that role is is another story.
26	Ray Rice	BAL	30	660	4	58	321	0	I'm putting Rice on Ice, and I hope you'll join me. <a href="http://www.fantasy-fools.blogspot.com/2014/07/disgusted-by-nfls-views-on-domestic.html">http://www.fantasy-fools.blogspot.com/2014/07/disgusted-by-nfls-views-on-domestic.html</a>
27	Maurice Jones-Drew	OAK	20	803	5	43	314	0	Probably destined to share the load with Run DMC, he'll have some games to himself once McFadden has his inevitable injury.

28	Mark Ingram	NO	63	386	1	7	68	0	Listed as the Saints' starting RB, Ingram has been a disappointment virtually every season. Why would that change now? Well, Sproles is gone. And Ingram is playing for a free agent contract. You can get him cheap, and there's clearly a high ceiling in this offense.
29	Fred Jackson	BUF	11	896	9	46	375	1	Just signed a lucrative new contract, but how will the carries be divided with Spiller this season? It's anyone's guess.
30	Ben Tate	CLE	33	771	4	34	140	0	With major doubts swirling around the Browns' passing attack, the battle for the starting RB gig is getting interesting. Tate is expected to get first crack, but if he falters, rookie Terrance West will be ready to pounce.
31	Steven Jackson	ATL	32	542	6	33	191	1	Talk about losing a step. Jackson has taken a beating throughout his career, and his body is clearly breaking down. A preseason hamstring injury is the latest cause for concern.
32	Knowshon Moreno	MIA	5	1039	10	60	548	3	Even before his knee injury I never would have expected him to approach his 2013 stats in a Miami uniform.
33	Danny Woodhead	SD	19	425	2	76	605	6	Caught 76 passes in 2013! That's more than Jamaal, Forte, Sproles and every other RB except Pierre Thomas. Clearly a PPR demon, Woodhead's value in standard leagues is limited unless Mathews goes down.
34	DeAngelo Williams	CAR	21	843	3	26	333	1	Clearly, Carolina's passing game will take time to materialize. Until then, DeAngelo should carry the load and share rushing TDs with his QB.

35	Joique Bell	DET	17	650	8	53	547	0	He contributes even when Bush is healthy, but don't count on another Top 20 finish unless the starter goes down.
36	Pierre Thomas	NO	23	549	2	77	513	3	With Sproles gone, how many passes can Thomas catch? It boggles the mind. He's also a strong runner that will play a key (if not leading) role in the Saints' RBBC.
37	Shane Vereen	NE	43	208	1	47	427	3	Still recovering from a broken wrist, Vereen is another one of those pesky Patriots RBs that could explode, or disappear, in any given game.
38	Darren McFadden	OAK	45	379	5	17	108	0	We all know the drill by now. It's just a matter of when, not if, he pulls up lame.
39	Bernard Pierce	BAL	52	436	2	20	104	0	It all depends how Pierce performs in Weeks 1 and 2 while Rice serves his paltry suspension. If he excels, he could earn a RBBC slot. If not, he'll revert to backup status.
40	Jeremy Hill	CIN	--	--	--	--	--	--	Should see some time in a relief role for Bernard.
41	Darren Sproles	PHI	35	220	2	71	604	2	His numbers have declined steadily for the past two seasons. They won't turn around in Philly. Not unless Shady goes down.
42	Khiry Robinson	NO	81	224	1	0	0	0	In the mix for carries, could overtake Pierre Thomas on the depth chart.
43	Lamar Miller	MIA	38	709	2	26	170	0	Heading into his third season, I can still say it: His next big fantasy game will be his first.
44	Carlos Hyde	SF	--	--	--	--	--	--	Gore's handcuff.
45	Andre Williams	NYG	--	--	--	--	--	--	Jennings is no workhorse. The rookie will get his carries.
46	Devonta Freeman	ATL	--	--	--	--	--	--	
47	Chris Ivory	NYJ	37	833	3	2	10	0	He's likely to be more of a headache to Chris Johnson's owners than a blessing to his own.

48	Ahmad Bradshaw	IND	76	186	2	7	42	0	If Richardson stumbles again, Bradshaw could play a significant role in a strong offense.
49	Jonathan Stewart	CAR	91	180	0	7	44	0	The injury-prone backup is, fittingly, dealing with a hamstring issue this preseason. He's a desperation pick for sure.
50	Terrance West	CLE	--	--	--	--	--	--	Competing during the preseason for the starting role; he could win it eventually if Tate disappoints.