— SEASON RECAPS —

2018: (NEW ORLEANS SAINTS – 12/6, 2/1)
• Ranked second on the Saints in rushing with 138 carries for 645 yards (4.6 avg.) with 6 TDs, adding 21 receptions for 170 yards with 1 TD
• In two postseason contests, carried 18 times for 84 yards (4.7 avg.)...Also caught 4 passes for 15 yards
• Rushed 9 times for 53 yards, including a 36-yard run, the longest non-scoring rush in team postseason history, in the NFC Divisional Playoff vs. Phi. (1/13/19)...Surpassed RBs Reggie Bush and Pierre Thomas to set a Saints’ record for career postseason rushing yards (246)
• Recorded 11 carries for 35 yards with 1 TD and surpassed Deuce McAllister to become the Saints’ all-time rushing TDs leader (50) vs. Pit. (12/23)...Moved into a tie for second place in the NO record books with McAllister for overall touchdowns (55)
• Reached 7,500 total career yards from scrimmage on 12 carries for 63 yards, becoming the fifth Saint to achieve the feat, at Car. (12/17)
• Rushed 13 times for 52 yards and 1 TD at TB (12/9)
• In his 100th-career game, finished with 103 yards and 2 TDs on 16 carries vs. Phi. (11/18)
• Finished with 13 carries for a team-high 104 yards and tallied 3 receptions for 58 yards and 1 TD at Cin. (11/11)
• Made his 2018 debut with 16 carries for 53 yards and 2 TDs, adding 2 receptions for 10 yards vs. Was. (10/8)

2017: (NEW ORLEANS SAINTS – 16/12, 2/2)
• En route to earning his second Pro Bowl, recorded personal bests in rushing yards (1,124 – second in the NFC and fifth in the NFL), attempts (230), TDs (12 – second in the NFL), receiving yards (416) and receptions (58)...Has twice eclipsed the 1,000-yard rushing barrier, doing so in 2017 (1,124) and in 2016 (1,043)
• In 2018, while helping lead New Orleans to the NFC Championship game, he totaled 645 rushing yards and 7 total TDs (6 rushing and 1 receiving) in 12 games
• In 2018, became the Saints’ all-time rushing TDs leader (50), passing RB Deuce McAllister’s mark of 49 TDs
• Since entering the NFL in 2011, Ingram’s 50 rushing TDs tie (LeGarrette Blount) for the league’s fifth most
— CAREER HIGHLIGHTS —
• Entering 2019, owns 6,007 rushing yards and 50 TDs on 1,321 carries, adding 228 catches for 1,598 yards and 5 TDs
• Over the past five seasons (2014-18), his 4.7 yards-per-carry average ranks No. 1 among NFL RBs...Additionally, his 39 rushing scores during this span are the league’s second most (Todd Gurley – 46)
• Has twice eclipsed the 1,000-yard rushing barrier, doing so in 2017 (1,124) and in 2016 (1,043)
• In 2018, while helping lead New Orleans to the NFC Championship game, he totaled 645 rushing yards and 7 total TDs (6 rushing and 1 receiving) in 12 games
• In 2018, became the Saints’ all-time rushing TDs leader (50), passing RB Deuce McAllister’s mark of 49 TDs
• In 2017, recorded personal bests in rushing yards (1,124 – second in the NFC and fifth in the NFL), attempts (230), TDs (12 – second in the NFL), receiving yards (416) and receptions (58)...Has his 1,540 total yards from scrimmage marked a new career high, also ranking seventh in the NFL...Ranked fourth in league in average rushing yards per carry (4.89 avg.)
• Rushed 13 times for 44 yards and a 26-yard TD and caught 3 passes for 22 yards vs. Atl. (12/24)
• Registered 12 rushes for 74 yards and 2 TDs, including a 50-yard score vs. NYJ (12/17)
• Notched 14 carries for 86 yards and 1 TD and caught a team-high 6 passes for 37 yards vs. Car. (12/3)
• Named NFL Offensive Player of the Week when he recorded 11 carries for a season-high 134 yards and 1 TD vs Was. (11/19)...Also moved into second place on New Orleans’ all-time rushing list, surpassing 5,000 career yards in his 13th 100-yard rushing game
• Recorded a career-high 3 TDs on 21 rushes for 131 yards as...
part of an effort that resulted in 298 total rushing yards, the third-highest total in team history, at Buf. (11/12)...Joined
with RB Alvin Kamara to form the first Saints duo with 100-
yard rushing games since 2006, also collaborating with WR
Michael Thomas, for the first trio in team history with two
100-yard rushing games and one 100-yard receiving game
• Started his 50th-career game and tallied 18 rushes for 75
yards vs. Chi. (10/29)...Also added 6 receptions for 24 yards
• Rushed 22 times for 105 yards and 1 TD and caught 4 passes
for 5 yards at GB (10/22)
• Carried 25 times for 114 yards and 2 TDs, including a season-
long 51-yard rush, and caught a team-high 5 passes for 36
yards vs. Det. (10/15)
• Recorded 14 rushes for 56 yards and caught 2 passes for 30
yards at Car. (9/24)

2016: (NEW ORLEANS SAINTS – 16/14)
• Rushed 205 times for team-high 1,043 yards (posting a
career-high 5.1 avg.) and 6 TDs... Added 46 catches for 319
yards and 4 TDs
• Ranked fifth in the NFL in yards per carry (5.1), 11th in
rushing yards (1,043 yards), 14th in yards from scrimmage
(1,362) and 15th in scoring among non-kickers (64)
• Totaled 14 points on 18 carries for 90 yards, posting 2 TDs
and a 2-point conversion vs. TB (12/24)
• Carried 17 times for 78 yards and caught 2 passes for 14
yards at Ari. (12/18)...Became the fourth Saint ever with
4,000 career rushing yards
• Registered 7 rushes for 37 yards and recorded 5 receptions
for 16 yards vs. Det. (12/4)... Became first Saint to tally 1,000
total yards from scrimmage in three-consecutive seasons
since WR Marques Colston did so from 2009-12
• Named NFC Offensive Player of the Week for the first
time after rushing 14 times for 146 yards and a TD vs. LAR
(11/26)...Also recorded a 21-yard TD reception
• Carried 15 times for 158 yards, including a career-long 75-
yard TD, adding 2 receptions (13 yards) and a TD at SF (11/6)
• Rushed 18 times for 56 yards and a TD, also leading the
team with 6 receptions for 49 yards at LAC (10/2)
• Recorded 15 rushes for 77 yards and a 2-point conversion,
adding 4 catches for 30 yards — including a 5-yard TD,
which was his first-ever scoring reception – vs. Atl. (9/26)

2015: (NEW ORLEANS SAINTS – 12/10)
• Rushed 166 times for team-high 769 yards (4.6 avg.) and
6 TDs, adding 50 receptions for 405 yards before being
placed on Injured Reserve (shoulder, 12/10)
• Rushed 9 times for 52 yards and added 6 receptions for
45 yards, reaching 1,000 total yards from scrimmage for
second-consecutive season, at Hou. (11/29)
• Registered 16 carries for 80 yards and 4 catches for 39
yards vs. NYG (11/1)...Successfully converted a first down
on a key fourth-and-1 play on a game-tying drive
• Carried 14 times for 143 yards and a TD (10.2 avg.), including
a 44-yard run, at Ind. (10/25)
• Rushed for 46 yards and 2 TDs, adding 10 yards on 3
receptions, vs. Atl. (10/15)
• Recorded 77 yards on 17 rushes, adding 51 yards on 6
receptions and finishing with a game-high 128 total yards
from scrimmage, vs. Dal. (10/4)

2014: (NEW ORLEANS SAINTS – 13/9)
• En route to his first Pro Bowl nod, notched 964 rushing
yards on 226 attempts and 9 TDs, adding 29 catches for 145
yards...Tallied four 100-yard rushing games
• Tied for third in NFL in rushing TDs (9) and ranked seventh
in rushing yards per game (74.2)
• In the season finale at TB (12/28), rushed 14 times for 57
yards and 1 TD
• Recorded 17 rushes for 59 yards and 1 TD at Chi. (12/15)
• Rushed 23 times for 122 yards, including a season-long 31-
yard run, at Pit. (11/30)
• Registered 27 rushes for 120 yards vs. SF (11/9)...Became
the first Saint to post 100 rushing yards in three-consecutive
games since Deuce McAllister in 2003
• Rushed 30 times for 100 yards and 2 TDs at Car. (10/30)
• Set a career-high with 172 yards and 1 TD on 24 carries vs.
GB (10/26)
• Rushed 11 times for a game-high 83 yards and 1 TD, also
catching 3 passes for 21 yards at Cle. (9/14)

2013: (NEW ORLEANS SAINTS – 11/3, 2/1)
• Rushed 78 times for 386 yards (4.9 avg.) and 1 TD...Added 7
receptions for 68 yards
• Was NO’s leading postseason rusher, posting 28 carries
for 146 yards (5.2 avg.) and 1 TD
• Carried 10 times for 49 yards, also rushing for a 2-point
conversion, in NFC Divisional Playoff at Sea. (1/11/14)
• In his postseason debut, started and carried 18 times for 97
yards and 1 TD in the Wild Card Playoff at Phi. (1/4/14)
• Was a gameday inactive from Weeks 3-8 (toe)
• Enjoyed a breakout performance, rushing 14 times for 145
yards and 1 TD vs. Dal. (11/10)...Also caught 2 passes for 15
yards to produce 160 yards of total offense

2012: (NEW ORLEANS SAINTS – 16/5)
• Finished first for NO in rushing, carrying 156 times for 602
yards and a team-best 5 TDs
• Voted by his teammates as the Saints’ Ed Block Courage
Award winner following a successful comeback from knee
and toe surgeries
• Led team in rushing with a season-high 90 yards on 14
carries (6.4 avg.) and 1 TD vs. TB (12/16)
• Ran 12 times for 67 yards (5.6 avg.), also scoring on a 27-
yard carry at Oak. (11/18)
**21 MARK INGRAM II**

- Made his first start of season and rushed 7 times for 44 yards (6.3 avg.)
- Registered a team-high 16 carries for 53 yards and 1 TD at Car. (9/16)

### 2011:
- **NEW ORLEANS SAINTS – 10/4, 0/0**
  - Rushed 122 times for 474 yards and 5 TDs, tying for the team lead in rushing scores, before being placed on Injured Reserve (toe) on 12/10
  - Led the team in rushing when he carried 16 times for 54 yards, including a 14-yard TD, vs. Det. (12/4)
  - Was the leading rusher of a three-headed running attack, including RBs Darren Sproles and Pierre Thomas, that gained 205 rushing yards when Ingram carried 13 times for 80 yards and a 35-yard TD vs. NYG (11/28)
  - Helped power a rushing attack that racked up 236 yards, carrying 14 times for a game-high 91 yards, vs. Ind. (10/23)
  - Scored his first-career TD on a 13-yard, game-winning rush, totaling 9 rushes for 38 yards, vs. Hou. (9/25)

### 2018

<table>
<thead>
<tr>
<th>GAME-BY-GAME OFFENSE</th>
<th>RUSHING</th>
<th>RECEIVING</th>
</tr>
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<tbody>
<tr>
<td><strong>SAINTS</strong></td>
<td>No. Yds. Avg. LG TD</td>
<td>No. Yds. Avg. LG TD</td>
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<tr>
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<td>2 20 10.0 28 0</td>
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<tr>
<td>10/21 @ Bal. 12</td>
<td>32 2.7 8 0</td>
<td>2 10 5.0 8 0</td>
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<tr>
<td>10/28 @ Min. 13</td>
<td>63 4.9 11 0</td>
<td>3 29 9.7 19 0</td>
</tr>
<tr>
<td>11/14 v. LAR 9</td>
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<td>1 3 3.0 3 0</td>
</tr>
<tr>
<td>11/11 @ Cin.</td>
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<td>3 58 19.3 28 1</td>
</tr>
<tr>
<td>11/18 vs. Phi. 16</td>
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<td>0 0 0.0 0 0</td>
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<tr>
<td>11/22 @ Atl. 11</td>
<td>52 4.7 12 0</td>
<td>2 14 7.0 8 0</td>
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<tr>
<td>11/29 @ Dal. 7</td>
<td>27 3.9 13 0</td>
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<tr>
<td>12/9 @ TB</td>
<td>13 52 4.0 17 1</td>
<td>1 1 1.0 1 0</td>
</tr>
<tr>
<td>12/17 @ Car. 12</td>
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<td>2 11 5.5 9 0</td>
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<tr>
<td>12/23 vs. Pit. 11</td>
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<td>1 8 8.0 8 0</td>
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<td>12/30 vs. Car. 5</td>
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<td>2 15 7.5 16 0</td>
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<td>Totals</td>
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<td>645 4.7 38 6</td>
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**REGULAR SEASON**

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<th>Team</th>
<th>GP</th>
<th>GS</th>
<th>No.</th>
<th>Yards</th>
<th>Avg.</th>
<th>LG</th>
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<td>122</td>
<td>474</td>
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<tr>
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<td>6</td>
<td>138</td>
<td>645</td>
<td>4.7</td>
<td>38</td>
<td>6</td>
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### CAREER SINGLE-GAME HIGHS (REGULAR SEASON)

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<td>Carries:</td>
<td>Long Gain:</td>
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<td>30 (10/30/14 at Car.)</td>
<td>75 (11/6/16 at SF)</td>
</tr>
<tr>
<td>Yardage:</td>
<td>Touchdowns:</td>
</tr>
<tr>
<td>175 (10/20/16 vs. GB)</td>
<td>5 (11/12/17 at Buf.)</td>
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</tbody>
</table>

100-yard Rushing Games: 15 (last: 103 yards, 11/18/18 vs. Phi.)

### POSTSEASON

<table>
<thead>
<tr>
<th>Year</th>
<th>Team</th>
<th>GP</th>
<th>GS</th>
<th>No.</th>
<th>Yards</th>
<th>Avg.</th>
<th>LG</th>
<th>TD</th>
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</thead>
<tbody>
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<td>2013</td>
<td>New Orleans</td>
<td>2</td>
<td>1</td>
<td>28</td>
<td>146</td>
<td>5.2</td>
<td>18</td>
<td>1</td>
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<tr>
<td>2017</td>
<td>New Orleans</td>
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<td>19</td>
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<tr>
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<td>18</td>
<td>84</td>
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<td>277</td>
<td>4.3</td>
<td>36</td>
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</tr>
</tbody>
</table>

Additional Postseason Statistics: Rushed for a 2-point conversion in NFC Divisional Game at Sea. (1/11/14)

### COLLEGE

- Played in 39 games (24 starts) at Alabama, rushing for 3,261 yards and 42 TDs...Posted 46 overall TDs
- As a junior, after missing the first two games following knee surgery, started the remaining 11 and carried 158 times for 875 yards (5.5 avg.) and 13 TDs
- Was named to the 2010 All-SEC second team by league coaches and was the co-recipient of Alabama's Offensive Player of the Year award...Was also one of six recipients of Alabama's Commitment to Academic Excellence award
- Won the Heisman Trophy as a sophomore in 2009, leading Alabama to its first BCS National Championship...Was a consensus All-American first-team selection...Finished as a finalist for the Maxwell, Doak Walker and Walter Camp Player of the Year awards
21 MARK INGRAM II

- Also named The Sporting News National Player of the Year, Associated Press SEC Offensive Player of the Year and a unanimous first-team All-SEC selection
- Started all 14 games during his banner sophomore campaign, leading the SEC and ranking fourth nationally with a school-record 1,658 yards (sixth most in SEC history) and 17 TDs on 271 carries (6.1 avg.)...Added 32 receptions for 334 yards (10.4 avg.) and 3 TDs
- His 1,992 all-purpose yards ranked second in school history and eighth on the SEC single-season list
- Named the National Championship Offensive MVP vs. Texas after rushing for 116 yards and 2 TDs
- Was an SEC Coaches Freshman All-Conference selection in 2008, when he played in all 14 games...Gained 728 rushing yards and a team-high 12 TDs on 143 carries (5.1 avg.)...Also added 54 yards receiving on 7 catches
- Majored in telecommunications and film

— HIGH SCHOOL —
- Prepped at Flint (MI) Southwestern Academy as a senior in 2007 and earned All-State and Detroit Free Press Offensive Dream Team honors...Rushed for 1,699 yards and 24 TDs, also registering 84 tackles with 8 INTs
- Attended Grand Blanc (Flint, MI) HS from 2003-06, when he ran for 846 yards and 14 TDs on 121 carries (7.0 avg.) as a junior...Added 260 yards and 2 TDs on 22 receptions (11.8 avg.)...Also posted 33 tackles with 2 INTs at cornerback

INGRAM II FAST FACTS

- Over the past five seasons (2014-18), Mark Ingram II’s 4.7 yards-per-carry average ranks No. 1 among NFL RBs.
- Additionally, his 39 rushing scores during this span are the league’s second most (Todd Gurley – 46).
- Since entering the NFL in 2011, Ingram II’s 50 rushing TDs tie (LeGarrette Blount) for the league’s fifth most.
- Ingram II has twice eclipsed the 1,000-yard rushing barrier, doing so in 2017 (1,124) and in 2016 (1,043).
- Ingram II earned Pro Bowl honors during the 2014 and 2017 campaigns. His 12 rushing touchdowns in 2017 ranked No. 2 in the NFL, just behind Todd Gurley (13).

— INGRAM’S COMMUNITY IMPACT —
- In 2011, established the Mark Ingram Foundation, which helps children who have incarcerated parents...Since the foundation’s inception, annually hosts a shopping spree for children with incarcerated parents and a back-to-school supply giveaway
- Sponsored a backpack giveaway for over 200 underserved kids in New Orleans (2018)
- Surprised students at the New Orleans Center for Creative Arts with tickets to the Saints’ Thanksgiving game in honor of them creating a song for the Saints (2018)
- Was honored by Volunteers of America, receiving its highest honor, the Ballington & Maud Booth Award, in recognition of his work mentoring children, particularly those with an incarcerated parent (2018)
- Was selected to participate in the NFL’s USO Tour in the 2018 offseason, visiting with and supporting troops stationed abroad in Italy and Germany
- Participated in the Saints’ inaugural trip in support of PLAY 60 Canada (2017)
- Part of a group of NFL players who donated supplies to residents of Ingram’s hometown of Flint during the city’s 2016 water crisis
- Appeared in the Zurich Classic Celebrity Shootout prior to the start of the tournament to raise money and awareness for his foundation and its cause (2015-17)
- Partnered with his hometown of Flint, MI, to provide athletic jerseys to athletes at community schools (2014)
- Was named the NFLPA Community MVP (2014)
- Throughout his time in New Orleans, assisted in the Saints’ annual turkey giveaway...Also participated in Saints’ annual Community Patrol summer camps, where underserved youth are taught the fundamentals of football, while also benefitting from class instruction that focuses on character development and anger management