

# Ryan Clady, former Broncos tackle, announces retirement from NFL

By Nicki Jhabvala

Denver Post

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Former Broncos tackle and first-round draft pick Ryan Clady is retiring after nine NFL seasons, including seven in Denver.

“I would like to take this opportunity to thank my family, my friends and my representation for all of their support through the years,” he wrote on Twitter on Tuesday. “I would also like to thank all of my coaches, teammates and fans for their support throughout my football career at all levels. I would especially like to thank Mr. Pat Bowlen and the Denver Broncos organization for bringing me into the NFL. I was blessed to experience eight great years, four Pro Bowls, and a world Championship with that organization.”

Clady, selected No. 12 overall in the 2008 draft out of Boise State, became a staple of the Broncos’ offense, earning four Pro Bowl selections, two first-team all-pro selections, one second-team all-pro designation, and a Super Bowl ring (despite being on injured reserve at the time).

In 2008, Clady allowed just half a sack and finished third in voting for the NFL’s offensive rookie of the year award and was the only lineman to garner votes. The following season, he was named the top tackle in the NFL and surrendered only a half-sack through his first 20 NFL games, a league record.

In 2013, Clady agreed to a five-year, \$52.5 million contract to remain with the Broncos but injuries would derail his plan — and his availability for a pair of Super Bowls. That September, as Denver began its run to Super Bowl XLVIII, Clady was placed on season-ending injured reserve because of a Lisfranc injury.

In May 2015, Clady tore his anterior cruciate ligament during organized team activities and was lost for the season — another Super Bowl season that resulted in the franchise’s third Lombardi Trophy.

Clady was traded to the New York Jets in April 2016 but was placed on injured reserve in November with a shoulder injury. He later underwent surgery to repair a torn rotator cuff and the Jets declined to pick up his contract option for another season.

“Despite having several teams who are currently interested in signing me, I have made a very difficult decision to retire from my NFL playing career,” Clady wrote. “I have deliberated on this decision thoroughly until now because I wanted to see if the beginning of NFL training camps would inspire the passion that I need to perform at the standards that I established for myself during my nine-year NFL career.

“I am excited about what life holds for me going forward.”

# Arrest warrant issued for John Bowlen, son of Denver Broncos owner, for violating probation

By Kieran Nicholson  
Denver Post  
August 2, 2017

An arrest warrant was issued Tuesday out of Arapahoe County for John Bowlen, son of Denver Broncos owner Pat Bowlen.

Bowlen's arrest Sunday in California on suspicion of DUI and driving over 100 mph triggered a complaint for revocation of probation, according to court documents filed Tuesday.

Bowlen had been placed on probation in Arapahoe County on April 14, 2016, for a 24-month period, after a guilty verdict in a harassment case.

Bowlen's arrest Sunday violated probation in five ways, according to the complaint, signed by county Judge Darren Louis Vahle:

- Count 1: Bowlen did not report his arrest in California.
- Count 2: Bowlen has not reported to his probation officer since March 27.
- Count 3: Bowlen has not reported to community service.
- Count 4: Bowlen has not enrolled in court-ordered domestic violence and drug and alcohol treatment programs.
- Count 5: Bowlen did not report that he'd gone to California.

Bail in the probation revocation has been set at \$1,287.50.

Bowlen, 31, was booked into the San Luis Obispo County jail late Sunday afternoon on one misdemeanor charge of being under the influence of a drug or alcohol and one count of having a reading of more than the California limit of 0.08 percent of alcohol in his blood.

A steady number of 911 calls were made for more than 20 miles, California authorities said. Bowlen was driving a Jeep with a puppy inside it.

When pulled over, Bowlen was uncooperative and refused to have his blood taken. He mentioned several times that he was the "son of Denver Broncos owner Pat Bowlen," according to Sgt. Tim Neumann, spokesman for the California Highway Patrol. "It didn't help."

Bowlen bailed out of jail in California on Monday. Bowlen's Denver-based attorney, Harvey Steinberg, did not immediately return a call seeking comment Tuesday.

In June 2015, Bowlen was arrested in a domestic violence incident in which authorities say Bowlen pushed his girlfriend against a bathroom wall. He also was charged with a misdemeanor for allegedly hanging up the phone when the woman tried to call 911.

In a conversation with a 911 dispatcher, who had called back after Bowlen hung up, Bowlen said: "She is fine, and she is trying to cause a problem. As the blood of the city, I'm telling you right now, nothing is wrong."

Bowlen was convicted in April 2016 and appealed his conviction to the Colorado Supreme Court, saying that the officer who arrested him did not fill out a summons properly.

The Colorado Supreme Court refused to review the appeal.

# Von Miller relishes Peyton's old role as Broncos leader

By Mike Klis

9 News

August 2, 2017

A player doesn't have to be an unknown to be a camp surprise. Take Von Miller, for instance. Last year, he was often the last player out for camp practice. You know, because it was cool to be fashionably last.

This year, the quarterbacks always come out first. Then the returners. Then, without fail, Miller is the first of the rest to hit the field.

It's as if Von Miller's mantra this year has been: "What would Peyton do?"

"I think Peyton Manning had an influence on us all," Miller told 9News this week. "From the top down. I don't know, now that I think about it, I don't know: I was always the last one before?"

Yes, Von. But not this year.

"I put a quote on Instagram yesterday, "If you do what you love, you would never have to work a day in your life," he said. "And this is truly what I love to do. As the years add on you start to appreciate it a whole lot more. You've got young guys coming in that's looking at you. You appreciate the way they look at you. You appreciate they leadership position they automatically put you in. So, I just want to set a good example for everyone who comes out here.

"But at the same time, I want to be Von. I want to interact with everybody. Have fun. But at the end of the day I've got to do my job. It's all square business when I'm out here on the field.

"I never realized I was always the last one. I never realized it. I never realized I was the second or third one out here, either. I'm just trying to take advantage of my opportunity. I've got a great opportunity here this year. I'm healthy, I'm in great shape. Just trying to take advantage of it."

Something else, Miller does that Peyton Manning did: He's been signing autographs for fans not on his designated day, but every day. And make no mistake, Miller is the autograph Bronco fans want.

"It's hard to pass it up," Miller said. "All these guys, they come from all over the world, all over the United States to come ... see me. I can't sign autographs for everybody but I try to do a little bit every single day. All those guys they come out here and show so much love. Energy is great. They come to see me. They come to see the No Fly Zone. They come to see Demaryius (Thomas). So, whenever they come I try to live up to their standards."

Manning is gone and he's not coming back. With the uncertainty at quarterback – Trevor Siemian seems to be leading the competition, yet he has only been sharing first-team reps with Paxton Lynch – the Broncos need a leader. And it helps if that leader is also the best player.

Miller is unquestionably the Broncos' best player. And he has been all but unstoppable so far in training camp. Just ask right tackle Menelik Watson. But Miller sights are much bigger than what he does on the field.

“It’s the legacy aspect of it,” he said. “Whenever you’re gone, whenever it’s all said and done, what are they going to say about you? I’ve always kept that in mind but this year its year 7. I want to play 20. So, I have to start taking advantage of the opportunity I have now. Peyton, DeMarcus (Ware), Brian Dawkins, Tim Tebow, all those guys set a great example for me to go out here and just put my own spin on it and be Von.”

On Sunday, Broncos’ outside linebacker coach Fred Pagac didn’t seem happy with the pass rush from his group. So, Miller gathered his five or six fellow outside linebackers, gave them a pep talk, then led the line each time on several, 6-yard, full-speed, get-offs.

Miller went hard every time.

Don’t worry. Just because Miller is stepping up to lead like Peyton doesn’t mean Von is going to button up his personality.

“I’ve always taken it seriously, but I guess it’s just a different style,” he said. “A different mold of leadership. But yeah, the typical leadership, the role that they’ve had in the past, I’m starting to feel those. But it’s still Von at the end of the day. I still try to come out here and make it light for all the guys and try to let everyone know that at the end of the day it’s just football. In the locker room, I’m still the people’s champ in the locker room.”

Whether interacting in the community, with the fans or opposing quarterbacks, Von Miller understands he, not Manning, is face of the Broncos’ franchise – and the responsibility that comes with that.

# One of Broncos' all-time best left tackles, Ryan Clady, announces retirement

By Mike Klis

9 News

August 2, 2017

Ryan Clady, one of the two best left tackles in Denver Broncos' history and one of its three-best offensive linemen overall, announced his retirement Tuesday.

On Twitter, Clady posted a photo of himself in his Broncos' uniform No. 78 coming out for the starting lineup introductions with the message: "Despite having several teams who are currently interested in signing me, I have made a very difficult decision to retire from my NFL playing career."

Clady thanked family, friends, teammates and coaches but mentioned just one person by name: Pat Bowlen, the Broncos' owner, "for bringing me into the NFL."

It goes fast. Entering the 2008 NFL Draft, then Broncos' football operations boss and coach Mike Shanahan zeroed his sights on one of three left tackle prospects for his No. 12 overall pick in the first round – Clady, Chris Williams and Brandon Albert.

Shanahan picked the correct one in Clady, who came out of Boise State. Williams never did emerge as a left tackle. Albert was a two-time Pro Bowler who announced his retirement Monday.

Although Clady was 6-foot-6, 309 pounds, Shanahan couldn't stop talking about his incredibly nimble feet.

Clady also benefitted from long arms, especially as a blind side pass protector.

"Really long arms," DeMarcus Ware, one of the best pass rushers in NFL history, once said of Clady. "That's what made him tough was those long arms.

You think you have him beat and—hey now!—he'd reach out and get you."

Clady's arms are 36.75 inches long. By comparison, Cleveland's Joe Thomas, who is widely considered the best left tackle of the 21st century, had 32.5-inch arms—more than 4 inches shorter than Clady's reach.

Clady was not only a four-time Pro Bowler, he and former center Tom Nalen are the only Broncos' offensive linemen who were twice named first-team All Pro.

Clady never missed a game in his first five seasons but he would have just six healthy seasons overall.

If not for misfortune with injuries, Clady may well have played a few more years and his retirement would have started a five-year countdown to the Pro Football Hall of Fame.

Although drafted for the zone-blocking scheme, Clady only got to play one year in his preferred system as Shanahan was fired after the 2008 season. In 2015, when Gary Kubiak brought the zone-blocking system back to Denver, Clady tore his ACL on the first day of organized team activities (OTAs).

Not suited for the power-gap blocking system preferred by head coaches Josh McDaniels and John Fox, Clady nevertheless helped Willis McGahee, Tim Tebow and the Broncos lead the NFL in rushing in 2011.

The Broncos played in two Super Bowls during Clady's term, but each time he suffered season-ending injuries and didn't play in the Big Game to cap the 2013 and 2015 seasons.

Although his career may have fallen short of getting his bust bronzed in Canton, Clady figures to be a strong candidate for the Broncos' Ring of Fame when he becomes eligible in 2022.

# Broncos look to four coaches who have called plays to help fix offense

By Jeff Legwold

ESPN

August 2, 2017

There are two ways to build a coaching staff in the NFL.

There's the make-sure-everybody-knows-I'm-the-lead-dog method. That's the method where the staff doesn't include many -- or any -- assistants who have been coordinators or head coaches in the league.

And then there is Denver Broncos' coach Vance Joseph's approach.

"I love our staff. I wanted guys who've been through things, and I think we have a good mix of youth and experience," Joseph said. "But you want to make decisions with the best information possible, and I think our staff enables us to get the best information possible, so when I'm in a position to make decisions, I make decisions that give us the best chance to do what we all want to do -- and that's succeed."

And as the Broncos work through a quarterback competition and install an entirely new playbook on offense, Joseph's and offensive coordinator Mike McCoy's willingness to let plenty of cooks into the football kitchen is visible. The Broncos have not one or two, but four assistant coaches on the offensive side of the ball who have called plays in the NFL previously in their careers -- McCoy, quarterbacks coach Bill Musgrave, offensive line coach Jeff Davidson and tight ends coach Geep Chryst.

While that might give some pause for the potential stylistic clashes, McCoy says he embraces the idea every day.

"When we first came here and Vance and I first sat down, he had some guys in mind he wanted to bring in, I had some guys in mind I wanted to bring in," McCoy said. "And then we put a phenomenal staff together. Billy [Musgrave] brought me into the business back in 2000, and I've worked with a lot of them before. This is our offense, as a team, and when we talk about working as a team, that isn't just for the players."

McCoy, who had been the Broncos' offensive coordinator on the staffs of Josh McDaniels and John Fox before his four seasons as Chargers head coach, has worked with Davidson in two other stops in the league. Musgrave was the Panthers' offensive coordinator when McCoy began his coaching career as offensive assistant.

Musgrave, who has also called plays for the Raiders and Vikings, and Davidson have also worked together on Minnesota's staff. And Chryst, who has called plays for the 49ers and Chargers, and McCoy worked together with the Panthers, as well.

Davidson was a fifth-round pick by the Broncos -- in 1990 -- and has been an offensive coordinator for Carolina and Cleveland.

"I feel like a lot of those guys have been in the league a while and know what it takes," wide receiver Demaryius Thomas said. "I kind of feel like this offense has a lot of what we did when [McCoy] was here last time before Peyton [Manning] here and after. But I think all of those guys bring a little something to it -- [Davidson] coached with A.P. (running back Adrian Peterson), so you know how they ran the ball."

The proof will always be in what happens after Labor Day on the Broncos' docket, but McCoy said their best chance to repair the offense rests in the choices made after listening to all of the ideas on the table.

"Hey, look, that first offseason is always tough, putting everything together, building everything, figuring out how we're going to call things," McCoy said. "... I'm going to listen to everybody, get everybody's input, and it's my job to make that decision about what we're going to do."

There's plenty of work to be done. The Broncos have yet to choose a quarterback and could have as many as four new starters in the offensive line.

And the struggles up front last season were the root of the team's first playoff miss since 2010 and rippled all the way through the offense. Quarterback Trevor Siemian had shoulder surgery after the season because of the pounding he took in 14 starts, and the Broncos finished 27th in rushing, 22nd in scoring and 21st in passing.

"We're working, and it's been great," McCoy said. "It's great to have those guys who've been in those shoes, called games. They see things; the more eyes you can put on something, the better. ... I'm going to talk a lot on the headsets a lot during the game. It's no different for us than it is the players. It's all about communication and getting in position to win."

# Garett Bolles, Von Miller find common ground in the punchlines

By Jeff Legwold

ESPN

August 2, 2017

Garett Bolles is a Denver Broncos rookie whose NFL career is roughly three months old at this point.

But already Bolles and Broncos linebacker Von Miller have carved out a friendship between all those snaps, as Miller is busily showing the form that has consistently kept him in the Defensive Player of the Year conversation in recent seasons. But the two guys -- who might have never heard a joke they didn't like -- have discovered that they are on the same page in other ways.

"I don't know, Von and I just clicked right away," Bolles said. "He's great, and he was the first guy to reach out after the Broncos drafted me. I got this call right after the pick, and my phone's blowing up because people are calling like crazy, and it's a Texas number, so I just let it go.

"But I listened to voicemail, and it was, 'This is Von Miller, we're so grateful to have you on the team, welcome to the fam, can't wait to work with you.'"

Bolles, who is steadily getting more reps at left tackle with the Broncos' starting offense through the first week of training camp, is constantly asking the team's veteran linemen questions and pulling them aside for some extra work. He has also found that Miller is happy to dispense the what-just-happened knowledge after some one-on-one or team drills.

"I'm an open book," Miller said. "We need Garett to be ready. We need everybody ready. That's how we do it. When camp ends, the preseason, we play to win as many times as possible with all of us helping each other."

Miller adds that beyond the football, he has discovered that he likes Bolles' enthusiasm, attitude and general outlook on things.

"I keep saying, how can you not like Garett Bolles?" Miller said. "I keep saying it. I mean, how can you not like Garett Bolles? Garett is just one of those guys you want to be around."

Asked why he believes Miller and he have found some common ground between blocker and pass-rusher, Bolles points to humor.

"One, we don't care what people think about us," Bolles said with a laugh. "And two, we like to have fun. And three, we're the same people every single day. We're who we are. ... I love to crack jokes and make people laugh, and then when it comes to football, I want to be the best I can be. I want to have a big impact."

# Veteran OL Ryan Clady announces retirement

By Staff

ESPN

August 2, 2017

Veteran offensive tackle Ryan Clady has retired from the NFL, he announced on Twitter on Tuesday.

Clady, 30, became a free agent when the New York Jets declined to pay him a \$1 million roster bonus due in February.

"Despite having several teams who are currently interested in signing me, I have made a very difficult decision to retire from my NFL playing career," Clady said in his post. "I have deliberated on this decision thoroughly until now because I wanted to see if the beginning of NFL training camps would inspire the passion that I need to perform at the standards that I established for myself during my 9-year NFL career. ...

"I am excited about what life holds for me going forward."

**@RyanClady**

**I'm excited about what life holds for me going forward.**

**9:30 AM - Aug 1, 2017**

**227 Replies 883 Retweets 4,533 likes**

The 2008 first-round pick made four Pro Bowls and two All-Pro teams during his seven seasons with the Denver Broncos. Because of foot and knee injuries, he played in only two games in 2013 and missed the entire 2015 season.

Broncos executive vice president John Elway lauded Clady's career on Twitter.

**@johnelway**

**A great player for the Broncos for many years--as dominant as there was as an LT in pass pro. Congrats on an outstanding career, Ryan!!! <https://twitter.com/ryanclady/status/892407077611610112> ...**

**11:16 AM - Aug 1, 2017**

**12 Replies 323 Retweets 2,102 likes**

Clady was acquired by the Jets in a trade last offseason, and he was scheduled to make a non-guaranteed \$10 million in base salary in the final year of the contract he signed in April 2016 to facilitate the trade.

Clady tore a rotator cuff in Week 3 of the 2016 season, according to the Jets, but he played through it for a month. It became unbearable, and he was placed on injured reserve after the ninth game.

ESPN's Rich Cimini contributed to this report.

# Ryan Clady retires after 9 seasons in NFL

By Arnie Stapleton

Associated Press

August 2, 2017

Ryan Clady, the talented and towering tackle whose nine-year NFL career was checkered with injuries, is retiring from football.

"I'm excited about what life holds for me going forward," Clady wrote Tuesday on Twitter, where he thanked the Broncos and team owner Pat Bowlen for bringing him to an organization where he was "blessed to experience eight great years, four Pro Bowls and a world championship."

The Broncos selected him 12th overall in the 2008 draft out of Boise State, where Clady made a pivotal block on the Statue of Liberty 2-point conversion play that stunned Oklahoma in the January 2007 Fiesta Bowl.

Among a dying breed of plug-and-play tackles in the NFL before colleges turned so heavily to spread offenses, Clady allowed just half a sack in his first 20 NFL games.

But injuries slowed him down and the two-time All-Pro missed both of Denver's Super Bowl appearances in recent years, first with a foot injury and then with a knee injury.

He also sustained a knee injury in the offseason early in his career that robbed him of some of his lateral movement for a couple of seasons even though he didn't miss any games.

Clady signed a \$52.5 million, five-year contract in 2013 but would play in just 18 games over the next three seasons before the Broncos traded him to the Jets, where a shoulder injury ended his 2016 season in November. He underwent surgery to repair a torn rotator cuff and the Jets declined his option for this season.

Clady said several teams showed interest in him this summer and he wanted to see if the start of training camps "would inspire the passion I need to perform at the standards that I established for myself during my nine-year career."

Not sensing that spark, Clady called it a career.

John Elway called Clady a "great player for the Broncos for many years," tweeting he was "as dominant as there was as an LT in pass pro. Congrats on an outstanding career, Ryan !!!"

# Former Broncos All-Pro lineman Ryan Clady retires

By Troy Renck

KMGH

August 2, 2017

Ryan Clady attracted suitors for months as a free agent. Ultimately, he chose a different path.

The former Broncos All-Pro left tackle announced his retirement on Twitter on Tuesday, ending a memorable career.

"Despite having several teams who are currently interested in signing me, I have made the difficult decision to retire," Clady said. "I have deliberated on this decision thoroughly until now because I wanted to see if the beginning of NFL camps would inspire the passion that I need to perform at the standards that I established for myself."

Clady, 30, arrived in Denver as the 12th overall pick in the 2008 draft. He started all 16 games as a rookie, establishing a potential template for current first-rounder Garrett Bolles. Clady, a former Boise State star, made the Pro Bowl in 2009, '11, '12 and '14. He earned All-Pro honors in 2009 and 2012.

"A great player for the Broncos for many years--as dominant as there was as an LT in pass pro. Congrats on an outstanding career, Ryan!" tweeted Broncos general manager John Elway.

Clady's career became star-crossed by health issues. He played in only two games in 2013 after suffering a Lisfranc injury against the New York Giants. He missed the entire 2015 season when the Broncos won Super Bowl 50 after tearing his ACL during a non-contact drill in OTAs.

Clady spent last season with the New York Jets, playing in nine games before a shoulder injury shelved him. The Detroit Lions and Seattle Seahawks were among those teams interested in Clady this offseason. In the end, he chose to walk away from a career defined by his time with the Broncos.

"I would like to take this opportunity to thank my family, my friends and my representation for all of their support through the years," Clady said. "I would also like to thank all of my coaches, teammates, and fans for their support throughout my football career at all levels. I would especially like to thank Pat Bowlen and the Denver Broncos organization for bringing me into the NFL. I was blessed to experience eight great years, 4 Pro Bowls and a World Championship with that organization. I am excited about what life holds for me going forward."

# As Ryan Clady announces his retirement, an appreciation of a great Broncos offensive lineman

By Andrew Mason  
DenverBroncos.com  
August 2, 2017

Just five of Ryan Clady's eight seasons with the Broncos were untouched by injuries. But few offensive linemen ever made more of their healthy years than the Broncos' mountainous No. 78.

In those five seasons, Clady earned four Pro Bowl selections, was a two-time first-team All-Pro and a second-team All-Pro. As a rookie, he didn't allow a sack, per the numbers compiled by ProFootballFocus.com, and only permitted seven quarterback hurries in an exemplary season that immediately put him on the map of the league's elite offensive linemen.

As he announced his retirement Tuesday morning, Clady's career passed into the realm of what might have been. As outstanding as he was in such a limited time, a collection of injuries that began when he suffered a torn patella tendon in the 2010 offseason ensures that he steps into football history remembered by some almost as much for what injuries prevented as what he actually did.

But this would be an injustice considering that no left tackle ever earned more Pro Bowl and first-team All-Pro selections in a Broncos uniform than Clady.

Clady also delivered dominant play in two distinctly different styles -- first the zone-blocking scheme for which he was drafted in 2008, then the gap and power styles favored in the following years after Mike McCoy's arrival as offensive coordinator a year later.

No matter the scheme, no matter the passer -- from Jay Cutler to Kyle Orton to Tim Tebow to Peyton Manning -- Clady was a quarterback's best friend. He helped keep the pocket clean. And when a pass rusher did breach the pocket, Clady was usually there with a beefy hand to pick him up.

The argument can now begin as to whether Clady or Gary Zimmerman was the best offensive tackle in Broncos history. Zimmerman has the gold jacket worthy of Hall of Fame inclusion that will likely elude Clady. But Clady has more Pro Bowls and All-Pro selections as a Bronco.

But someday, Clady could join Zimmerman in the Ring of Fame. For a player who quietly plowed through pain and delivered excellence from his first snap to his last one as a Bronco, that would be a fitting reward for a career that should be remembered for what it was, not for what injuries prevented it from being.

# 'Championship Habits' a rallying cry for Broncos' drive for greatness

By Ben Swanson  
DenverBroncos.com  
August 2, 2017

Emmanuel Sanders likes to walk past where the words "Championship Habits" are affixed to walls in UHealth Training Center in enormous block letters. There's one set in the cafeteria that he passes on the way to the locker room and meeting rooms and another, larger set in a hall that leads to the practice field from the south side of the locker room.

It reminds him of his goals and what it will take to get him and the Broncos to get there.

It's also the new motto, reminder and demand plastered around Broncos headquarters, a message to the players that returning to the game's greatest heights requires more than just talent on the field.

"It means a lot: what we put in our bodies, our off-the-field behavior, our on-the-field behavior and our work ethic," Head Coach Vance Joseph says. "To be a champion, it takes a lot. A lot goes into that, not just football play. It's really a lifestyle."

Maintaining championship habits isn't supposed to be easy. The Broncos know that, and they know where those habits can lead. The sterling silver proof is in the trophy case.

"Championship habits [means] just performing to a standard of excellence, holding everyone to that standard and everybody just balling," cornerback Bradley Roby says. "That's championship habits: making plays, doing your job, rallying around the guys, getting other guys better, getting the young guys out here working hard, get them better. That's championship habits. And you have to do it every day. It can't be one day you're doing it and one day you're not, because that's not championship habits. Habits are doing something the same way every day, so we're working on getting those championship habits and continuing to do those every day."

How do other players view the team's new slogan?

Says Sanders: "It's sitting in the cafeteria: Eat right. It's in the weight room: Make sure you're lifting right. Make sure you're doing all the right things. It's in the meeting rooms: Make sure you're studying. Make sure you're doing all the right things so that all of it adds up and hopefully we can win the championship."

Says cornerback Aqib Talib: "To have that drive every day. It's hard to come out here every day ready for work and to have that drive every day, to have that 'want to' — to be great. That's the hardest part, man, but that's what champions gotta do."

Says Roby: "Just watching a lot of film. I've learned from Aqib and Chris [Harris Jr.] that film is everything, and I'm just watching and critiquing myself, critiquing the defense, looking at offensive schemes and stuff like that. I think that is the biggest thing, for me."

These are the fundamentals: eating well, staying in top shape, taking care of your body, bringing a hunger to improve to work every day, honing your skills. It's these habits that transform careers.

That's why Vance Joseph is demanding attention to cultivating championship habits in his first year as head coach. By keeping a high standard in everything they do, the Broncos have their sights set on nothing less than greatness.

# Woody Paige: Shouldn't the Broncos consider signing Colin Kaepernick?

By Woody Paige  
Colorado Springs Gazette  
August 2, 2017

Bluntly, the Broncos' two quarterbacks have not been Superb in training camp, and neither seem capable of leading the team to the Superb Bowl this season.

It's early, but coach Vance Joseph says a choice must be made soon (three weeks). What if both continue to be consistently inconsistent?

Why not bring in a veteran who has been a starting Super Bowl quarterback, and barely missed another because of a tipped pass in the end zone?

Why not add a quarterback who had a passer rating and touchdown-to-interception ratio superior to the Broncos' QBs last year?

Why not, if the Broncos truly want competition, amp the volume with a third contender? Why not sign a quarterback who would be affordable under the salary cap, and if he doesn't make the roster wouldn't cost a cent?

Why not Colin Kaepernick?

There's that thing.

Oh, the Broncos already have a starting inside linebacker who also did that thing. Brandon Marshall is a Pro Bowl-caliber popular athlete in Denver who received the inaugural Harvard University Courage Award for his actions in 2016.

When Marshall chose to kneel during "The Star-Spangled Banner" before the opening game last season, the Broncos issued this statement: "While we encourage members of our organization to stand during the national anthem, we understand and respect it being a personal decision."

Marshall's stand actually was the third most controversial kneeling issue in Broncos history.

The first occurred in Miami in 2011 when the Broncos beat the Dolphins in overtime. Quarterback Tim Tebow kneeled on the sideline and prayed. "Tebowing" became an international sensation, but the genuflection caused quite a backlash, too.

The second happened near the end of regulation in the Broncos-Ravens playoff game on Jan. 12, 2013. The Ravens scored on a 70-yard Joe Flacco touchdown heave and tied the score with 31 seconds left. After the kickoff, coach John Fox ordered quarterback Peyton Manning to take a knee. The Broncos lost in the second overtime.

To kneel or not to kneel, that is the topic of debate.

The United States Code states: "During rendition of the national anthem when the flag is displayed, all present except those in (military) uniform should stand at attention facing the flag with the right hand over the heart. ..."

"Should" is a key word. In 1943 the Supreme Court ruled, and since has reiterated, that forcing someone to stand for the flag and/or the national anthem is a violation of the first amendment.

Is Kaepernick being blackballed by teams in the NFL? I don't know. But I do know he's more proven than many of the 100-plus quarterbacks in 32 NFL camps.

When Flacco was sidelined with a back problem, the Ravens signed David Olson, a real estate salesman-arena league player. Then they cut him and signed Josh Woodrum, who has been released by four teams the past year. The Ravens took a pass on Kaepernick as the team owner said: "We're trying to figure out the right tact. Pray for us."

Is the Broncos' third-stringer Kyle Slotter better than Kaepernick? Paxton Lynch? Trevor Siemian?

In 2016 the Broncos were this close to a deal with the 49ers for Kaepernick - months before his protest. The hangup was money, not civil rights or perceived ability. John Elway invited Kaepernick, who was rehabbing from surgery in the mountains, to Dove Valley and his own home. The Broncos were willing to pay \$7 million of Kaepernick's guaranteed \$11.9 million. Negotiations broke down, and the Broncos ended up with Mark Sanchez.

Kaepernick started 11 games for San Francisco, completing 59.2 percent of his passes and throwing for 16 touchdowns with four interceptions. His passer rating was 90.7.

Siemian, in 14 starts, was accurate on 59.5 percent with 18 touchdowns, 10 interceptions and an 84.6 rating. Lynch, who started two games and played in three, finished at 59 percent, with two touchdowns, one interception and a 79.2 rating.

Kaepernick's quarterback coach, then coordinator at San Francisco from 2011-2015, was Geep Chryst, now the Broncos' tight ends coach.

Elway said earlier this year the Broncos had moved on from Kaepernick, and Joseph said Kaepernick's name never was discussed. Wouldn't somebody at the Broncos ask Chryst what he thinks? He and Kaepernick were together in two conference championships games and a Super Bowl.

The Broncos previously picked up reclamation quarterbacks - Frank Tripucka, Charley Johnson, Craig Morton, Steve DeBerg, Bubby Brister, Jake Plummer and Manning. Three are on the Ring of Fame; a fourth will be; a fifth got the Broncos to the AFC Championship; a sixth started a playoff game, and four were with the Broncos in Super Bowls.

Just saying.

Why not Kaepernick?

Just asking.

# Former Denver Broncos offensive tackle Ryan Clady announces retirement

By Jerry Herman  
Colorado Springs Gazette  
August 2, 2017

Former Denver Broncos offensive tackle Ryan Clady has retired from the NFL, he announced on Twitter on Tuesday.

Clady, who played with the Broncos from 2008-2014, became a free agent after spending the 2016 season with the New York Jets.

"Despite having several teams who are currently interested in signing me, I have made a very difficult decision to retire from my NFL playing career," Clady said in his post. "I have deliberated on this decision thoroughly until now because I wanted to see if the beginning of NFL training camps would inspire the passion that I need to perform at the standards that I established for myself during my 9-year NFL career. ...

Clady was traded to the Jets by the Broncos in 2016.

Clady was a 2008 first-round pick out of Boise State by the Broncos. He made four trips to the Pro Bowl and two All-Pro teams during his seven seasons in Denver. He missed the 2015 season and played in only two games in 2013 because of injuries.

Clady was with the Broncos for the 2014 Super Bowl against the Seattle Seahawks, a 43-8 loss for Denver.

# Former Broncos Offensive Tackle Ryan Clady Retires After Nine-Year Career

By Khadrice Rollins

MMQB

August 2, 2017

Former Denver Broncos offensive tackle Ryan Clady announced his retirement from the NFL on Tuesday.

Last season, Clady played for New York Jets after spending eight years in Denver, where he earned four Pro Bowl invites and made two All-Pro teams during that time.

He was drafted No. 12 in the 2008 draft by the Broncos and started every game at left tackle in his first five seasons in the league. Over the last four years he dealt with multiple injuries, and only appeared in all 16 games in 2014.

In 2013, Clady suffered a Lisfranc injury after starting the first two games of the year for Denver. In 2015, he tore his ACL in May and missed the entire year. Last season, he tore his rotator cuff nine games into the season and ended the year on injured reserve.

Clady, 30, was let go by the Jets in February when they declined to pick up his contract option.

# Report: NFL Hopes to Work With Players Union on Marijuana Use Study

By Scooby Axson

MMQB

August 2, 2017

The NFL has written to the NFL Players Association in hopes of working with the union to study marijuana use as a pain management tool for players, reports the Washington Post.

According to the report, the union is conducting its own study and has not responded to the letter.

The NFL currently suspends players who test positive for the drug and modified the threshold for a positive test for marijuana.

A level of 35 nanograms per milliliter counts as a positive test, up from 15 nanograms before the change was instituted in 2014.

"We look forward to working with the Players Association on all issues involving the health and safety of our players," said Joe Lockhart, the NFL's executive vice president of communications.

Any change to the drug policy would likely have to be negotiated through the next collective bargaining agreement.

"I think it's a debated question. Some people feel strongly we should address it now," Cowboys executive Stephen Jones said to the paper last week. "I think some people feel that we're close enough that you should wait and take care of it in one fell swoop when you sit down and bargain with the union. There's people who would love to have an extension. I think both sides would probably love to have it.

# Report: NFL requests collaboration with players' union to study marijuana in pain treatment

By Scott Gleeson  
USA Today Sports  
August 2, 2017

The NFL wrote the NFL Players Association a letter requesting collaboration in studying marijuana use for players' pain management, according to a report by The Washington Post.

Marijuana, in any capacity, is banned from the league. NFL players currently are tested for the drug and face potential discipline, including suspensions, for positive tests. The league and union both agreed in 2014 to modifications that softened the drug policy regarding marijuana.

The NFL's letter to the NFLPA outlined key areas for potential research, including pain management for both acute and chronic conditions. The NFLPA has previously indicated that it's already conducting its own research and has not yet responded to the league's offer.

"We look forward to working with the Players Association on all issues involving the health and safety of our players," Joe Lockhart, the NFL's executive vice president of communications, told The Post in a statement.

The union separately formed a pain management committee to study marijuana as a pain management tool for players, among other things. The current collective bargaining agreement between the league and union runs through 2020, meaning the union could be working on a less punitive marijuana proposal as part of negotiations for the next CBA.

# Broncos camp: No early winner in QB battle as Vance Joseph seeks explosive offense

By Pete Prisco  
CBS Sports  
August 2, 2017

Play good defense, run the ball and keep the quarterback from being asked to do too much to win games is a formula that works for some teams, even the Denver Broncos in 2015. But if you think first-year Broncos coach Vance Joseph is planning to play that way to protect his young quarterback this season, no matter who starts, you can forget that.

"I don't want to manage the game," Joseph said. "I want to score points. I don't want to go into games where the defense has to get a shutout. I want to go into games where we're scoring points and playing good defense. I don't like that manage-the-game stuff with the quarterbacks."

The Broncos should again have one of the better defenses in the league, and either second-year player Paxton Lynch or third-year player Trevor Siemian will be at quarterback, which is why asking the quarterback to play safe would seem to be a logical approach. You would almost expect that from Joseph, who earned his stripes as a defensive coach in the league, but he is polar opposite of that thinking.

"I want to have an explosive offense," Joseph said.

In the two days of work I watched here, the fuse never set off that explosion. On Sunday, it was bad -- really bad. On Monday, it was a little better -- but not much. They did run it well that day.

Right now, I would say Siemian has the edge because he started 14 games last season. But Lynch was a 2016 first-round pick and seems to fit what general manager John Elway wants in a quarterback: somebody like Elway himself.

Lynch is big and strong, can move and has a good arm, but he might be a ways away from being able to harness that talent. Siemian, who was a seventh-round pick out of Northwestern in 2015, is the steadier of the two. The competition is close, and players insist Lynch has made big strides, but again the edge seems to be with Siemian.

Joseph said the decision on his starter would come soon.

"I have to decide pretty soon, but I don't want to rush it either," Joseph said. "It has to happen organically. I am going to let it play out, let guys get comfortable and put their best foot forward. I don't want to rush it where a guy has two or three good days, and the other guys has a so-so couple of days, and then that guy takes off and goes past the guy. I don't want to go up and down with this thing.

"I want to have a full evaluation to have a sound decision. That takes time, but I know I only have a month. I can't say it's a certain day or week when the decision will be made. When it happens, I will know it."

The Broncos could be facing a dilemma with the decision. Siemian is the safer choice right now, but they also have to balance the possibility that Lynch has the higher ceiling and might be the long-term answer under center.

Pedigree can win out in those situations, and Lynch is the one with it.

"Hopefully, one of them stands out when we go forward," Elway said. "You have to try and project who has the highest ceiling. If it doesn't show it itself (a clear winner), those factors all go into the decision."

Lynch has the wow factor. He made a few big-time throws this week, but he also made crippling mistakes on awful decisions, like two red-zone interceptions. Siemian just goes about his job with the line even on his evaluation: a few wow moments and few mistakes, not too many ups and downs.

When I talked with both quarterbacks, I expected one or the other to say the job would be his, or, in Siemian's case, since he's the incumbent, that it was already his job.

But neither said so. They seemed content with playing the competition out with little in terms of what I like to call fire in the belly from either guy. That could be because they're young, but both were nondescript when it came to the battle.

"Me and Trevor are pushing each other and making us both better," Lynch said. "We have some good days and some bad."

"We're both young players pushing each other," Siemian said. "We're both getting better. I take it one day at a time and see where the process goes."

Not exactly two guys who seem confident in their own skills or chances to win the job and carry the offense.

It has been a bit of transition for both as well. With coach Gary Kubiak retiring after the season -- he's now a team scout -- Joseph took over and hired Mike McCoy to run the offense. McCoy was Denver's offensive coordinator from 2009-12 before leaving to coach the San Diego Chargers from 2013-15. He was fired after last season, which is why he's back in Denver.

The offense is different in a lot of ways. The Kubiak Broncos were a zone-scheme run team, but they will be varied in their run game now, although the zone runs will still be a part of the offense.

In the passing game, there will be more shotgun, which is something Lynch is happy about. He played in the gun in college at Memphis, which made adjusting to a center snap a big deal for him last season.

"Being in the gun, I am much more comfortable," Lynch said.

"It's that way for all quarterbacks," Elway said. "It lets them see the defense."

In his 14 starts last season, Siemian threw 18 touchdown passes with 10 interceptions. Lynch started two games when Siemian was hurt, and had two touchdown passes and one interception with a completion percentage of 59.0. Not awful, but not great either.

"I think it's important for a young guy to get out there and get the experience," Lynch said. "That helped me. I got to see how fast the NFL defenses are compared to college. You have to play to really understand that."

Siemian said playing behind Peyton Manning in 2015 helped prepare him for being the starter. That means soaking in all the knowledge of one of the all-time greats, both on the field and off it. Manning was a notorious student of the game, and word is Siemian is much the same as well. Lynch might be behind in the competition now because of that.

"I learned a lot, and I don't have enough time to go into everything I learned," Siemian said. "I learned to be good in a room and see what made him so great and how he achieved everything he did. I saw the process, how he prepared, how he played. That was important for me."

Manning was a shell of himself in 2015 when the Broncos won the Super Bowl. He basically managed the games in the postseason that year as the defense took over. But that magic doesn't happen all the time, and the margin for error is slim. Even that season, if the Broncos don't rally to beat the Bengals in overtime late in the season they miss out on the playoffs.

That's why Joseph wants no part of the manage-the-game talk with his quarterbacks, something Elway understands better than most because he was much more than that.

"The last two years we've played to the defense and tried not to make mistakes," Elway said. "We just weren't able to make the plays on offense. We need to balance it out some with our defense."

The lack of offensive production might have caused a divide on some teams, but that didn't seem to be the case last year. This past Sunday, when the defense dominated the offense and the No-Fly Zone secondary seemed to be picking off passes on every other play, it would have been easy for the defensive players to get even more concerned. But the defensive players I talked with had none of it, simply basking in their own talent and success.

"It's hard to go against us," corner Chris Harris said.

All-Pro pass rusher Von Miller is confident one of the two passers will emerge this season as a legitimate passing threat.

"One of them is going to pop out," he said. "They just need to be more consistent. We've seen it happen with young quarterbacks like Dak Prescott. They just get it and it works. That's going to happen here. We just have to support them, no matter who wins the job. We can't manage the game with all the weapons we have. We have to feed those guys the rock."

The big question is: Can that rock get to them consistently enough with these two quarterbacks?

# LOOK: Von Miller is not the Broncos' secret punt return weapon

By Jared Dubin  
CBS Sports  
August 2, 2017

There are very few people in the NFL that are better at their job than Von Miller is at his.

Miller's job is to get to the quarterback as quickly as possible, and boy is he ever capable. He has racked up 73.5 sacks in six seasons, more than every player in the league save for J.J. Watt. That proficiency has led Miller to Pro Bowl berths and All-Pro designations in five out of his six seasons (the only year he didn't make it was when he missed seven games due to injury and suspension).

In 2017, Miller wants to add new responsibilities on top of his quarterback haranguing. He wants to return punts. He was spotted by the Denver Post's Nicki Jhabvala working on his punt return skills at training camp last week, and then again on Monday.

**@NickiJhabvala**

**Von, you returning punts now?**

**"I hope so. The more you can do, you know?"**

**9:32 AM - Jul 28, 2017**

**2 Replies 6 Retweets 29 likes**

**@NickiJhabvala**

**Von Miller still angling to be used on returns.**

**9:40 AM - Jul 31, 2017**

**2 Replies 16 Retweets 51 likes**

Denver ranked 15th in the NFL in yards per punt return last season, and primary return man Jordan Norwood is still on the team. Miller is also far too important to the Broncos defense for him to be risked in the return game, so it seems extraordinarily unlikely that Miller ever gets the chance to do this in a game. Nevertheless, special teams coach Brock Olivo seems to be humoring him for now.

**@NickiJhabvala**

**Olivo on Von Miller angling to return punts: "He is. Unfortunately he's kind of on the map so he won't be a secret weapon for us."**

**12:21 PM - Jul 31, 2017**

**Replies 2 Retweets 12 likes**

If No. 58 ever lined up deep awaiting a punt, something tells me the opposing special teams unit would've taken notice anyway.

# NFL reportedly sent a letter to NFLPA offering to work on marijuana study

By Jared Dubin  
CBS Sports  
August 2, 2017

The NFL sent a letter to the NFL Players Association this week offering to work hand in hand on a study that looks into the use of marijuana as a pain-management tool. According to the Washington Post, the NFLPA is already conducting its own study and has not yet responded to the NFL's offer.

"We look forward to working with the Players Association on all issues involving the health and safety of our players," Joe Lockhart, the NFL's executive vice president of communications, said in a statement. This, of course, is not nearly the first time the issue of marijuana as a pain reliever has come up for the NFL.

Cowboys owner Jerry Jones, one of the most influential people in all of football, has reportedly advocated for the league to drop its ban on marijuana. Jerry's son, Stephen Jones, who acts as the Cowboys' executive vice president and COO, openly stated that the system "needs to be heavily scrutinized."

Former player and current ESPN analyst Randy Moss stated, "I think the NFL just needs to loosen up the rules and let everybody live." And recently-retired tackle Eugene Monroe has been advocating for the league to study the effects of marijuana as a pain-manager for years.

NFL commissioner Roger Goodell has previously positioned himself as being strongly against making any changes to the league's marijuana policy.

"I think you still have to look at a lot of aspects of marijuana use. Is it something that can be negative to the health of our players? You're ingesting smoke, so that's not usually a positive thing. It does have an addictive nature," Goodell said in April. "There are a lot of compounds in marijuana that might not be healthy for players long-term. It's not as simple as someone just wants to feel better after a game. We really want to help our players ... but I want to make sure the negative consequences aren't something that we'll be held accountable for years down the road."

Those comments came after he had previously left some wiggle room, stating in a radio interview that, "We've had several conversations about this issue and several years ago we did take a less punitive approach to marijuana. That will be one of the subjects in the collective bargaining process, which we'd like to get into sooner rather than later."

As he alluded to in that statement, the issue is seen as one that is not likely to be resolved outside of the collective bargaining process. The current collective bargaining agreement runs through 2020, so it could still be several more years before we see any changes that come from whatever study is or isn't conducted by the league and its players.

# Roger Goodell hints at no more cold-weather Super Bowls, says no tanking in NFL

By Kevin Sklver

CBS Sports

August 2, 2017

The NFL ran an experiment of sorts in Super Bowl XLVIII, allowing New Jersey to host the Super Bowl in an outdoor stadium. Roger Goodell (or at least the league's owners) apparently didn't love the results of that experiment. At a recent fan forum in Baltimore, Goodell addressed the dilemma of football vs. the elements.

"We want the game to be played in perfect conditions," he said, per the Baltimore Sun. "Do you want the elements to impact it? I personally love football in the elements. I think that's what makes it so special. So I love that part of it, but I also understand the issue of wanting to put on an event where we probably have 150 to 200,000 people. It's really tough to do, and it put a lot of stress on smaller communities. If you guys want to make a bid, I'm sure the ownership is going to take a good, hard look at it."

It's hard not to sympathize with Goodell on this issue. Fans love snow games. Just look at the reaction to the absolutely insane Snow Bowl that the Eagles and Lions played back in 2013. And teams with outdoor stadiums in cold-weather markets would love to be able to host the Super Bowl. However, the thought of the NFL's championship game being lost on a flukey play due to cold or otherwise adverse conditions isn't one that most fans want to entertain. Super Bowl XLVIII kicked off at 49 degrees, the coldest Super Bowl kickoff temperature since Super Bowl VI (a balmy 39 degrees at kickoff) in New Orleans, according to the Pro Football Hall of Fame's website.

"I don't think any team tanks, I really don't," he said at the Jets training camp in New Jersey. The irony of Goodell making these claims at the Jets' camp is rich, as the Jets have been met with some sideways glances for some offseason moves, including the late release of wide receiver Eric Decker despite a less-than-ideal receiving situation.

Goodell also said: "I think teams, depending on where you are, go through transitions. They are looking to sort of say, 'We need to build more talent here, we'll do it through the draft. Let's let some of our veteran players go and develop some of our younger players.' That's always been part of football. That's always been part of sports. ... Every team does that differently."

What Goodell is describing is, of course, the dreaded "rebuilding phase" that every team must sometimes confront. Although some teams may get worse, it's the argument that it's all part of a grand design on the part of the front office. It may be a form of tanking, but it isn't intentionally losing games to lose them, which is the point that Goodell is trying to convey.

# The case for Siemian: Incumbent returns as starter and should stay there

By Craig Sesker  
Pueblo Chieftan  
August 2, 2017

He isn't the 6-foot-7 gunslinger with a rocket right arm.

And he isn't the first-round draft pick with the multi-million dollar contract.

He wasn't even sure he would make the team two seasons ago.

But there Trevor Siemian stood following the first day of Denver Broncos training camp last week, facing a dozen television cameras and surrounded by a huge group of reporters at Dove Valley.

Siemian's not only a fixture on Denver's pro football team -- he's the returning starter at quarterback.

Now with a new coaching staff led by Vance Joseph, Siemian has to win the job all over again.

And he has to beat out the same guy -- talented second-year prospect and fan favorite Paxton Lynch -- he did last year.

Siemian worked with the No. 1 offense on the first day of practice with Lynch working with the top group on Day 2. Joseph plans to have them split reps with the top unit during camp.

"It's good to be back and knock the rust off," Siemian said. "I just want to be better than I was yesterday. It's exciting to be back on the field again."

Unlike the massive 6-foot-7, 244-pound Lynch, the 6-foot-3, 220-pound Siemian won't dazzle you with long throws down the field or take your breath away with spectacular plays.

What Siemian does bring is intelligence, consistency and maturity to the team's most important position. He is not overly vocal, but he has a quiet confidence and a calm, poised demeanor that enables him to be effective.

The Northwestern grad won't hurt an offense by taking unnecessary risks or making too many mistakes.

Siemian emerged as a surprise starter last season following the retirement of Peyton Manning.

Siemian led the Broncos to a strong start in 2016, and his numbers were respectable. He may not have a huge arm, but he has a quick release and has pinpoint accuracy on his short- and mid-range passes.

Siemian was 8-6 as a starter last season. He completed just under 60 percent of his passes for 3,401 yards with 18 touchdowns and 10 interceptions.

In Siemian's defense, he played part of last season with an injured left (non-throwing) shoulder. He also operated behind an offensive line that struggled to protect him and also struggled to create many holes for a stagnant running attack.

The Broncos ranked just 27th in the NFL in total offense last season. Denver did go 9-7, but missed the playoffs. Most of the blame fell on the offense.

Some football observers think Siemian isn't starter material, and instead would be an ideal backup. He could excel in the same role Gary Kubiak did as John Elway's backup with the Broncos.

The 25-year-old Siemian has a different opinion.

Who would've ever thought Trevor Siemian would be the successor to Peyton Manning?

Siemian now has a full season of experience as a starter and he's beginning his third year in Denver. He's now worked extensively with veteran wide receivers Demaryius Thomas and Emmanuel Sanders.

"Our receivers are outstanding," he said. "I have a lot of reps with them and I feel comfortable being on the field with them."

With a new offensive scheme that is expected to feature three receiver sets, Siemian may benefit from a more wide-open, pass-oriented attack. His receivers say Siemian's arm is stronger than many people think. A new offense may showcase that more this season.

Siemian also is operating now behind what should be an improved offensive line with the addition of first-round pick Garrett Bolles at left tackle.

Siemian may not be as flamboyant or as imposing as Lynch, but he showed he has a sense of humor.

When a reporter asked about the differences between the two, Siemian shrugged his shoulders.

"I know Paxton's a little taller than me," Siemian said with a smile.

Siemian's a steady performer who can manage, and win, games at this level. He proved that last year. But can he take this team to the next level?

There is one thing we've learned about Siemian, a seventh-round draft pick. He's certainly a guy who has thrived in an underdog role.

He made the team in 2015 and earned a Super Bowl ring while serving as the team's No. 3 QB that season. He became a starter the next year.

"When I came into the league, I didn't have much to lose," he said. "I already had one foot halfway out the door anyway. I just let it rip then and I'm going to do the same thing now."

Siemian knows he is going to have to beat out a player more physically gifted than he is.

But don't be surprised to see No. 13 running out of the tunnel as the Broncos starting quarterback for the season opener on Sept. 11.

"Paxton and I are both competitive, and we're pushing each other," Siemian said. "I'm just trying to stay focused on what I'm doing and hopefully everything will work out."

# Nam & Eggs - The Broncos should start Trevor Siemian

By Rob Namnoum

KRDO

August 2, 2017

It's time for another serving of Nam and Eggs. Since the start of training camp, I have tried not to talk incessantly about the Broncos open quarterback competition but tonight I am going to talk about it. This is as an important decision for the Broncos organization. It's like a squirrel deciding if he should try to beat a car going across the road.

I don't remember seeing so much of John Elway during a training camp but when team drills begin his eyes are fixed on the quarterback. The Broncos have had a five camp practices thus far, Paxton Lynch is much more comfortable than he was a year ago, he is confident, self assured and brings great energy to the team. Siemian as usual is smart and steady. Here's the thing, I think Siemian should start week one. Mainly because he has experience and he is more accurate. Don't get me wrong I like Lynch but I'm looking at it from a practical stand point.

The Broncos have a great defense, they are not in rebuilding mode and they believe they can win this season. Two men will make the offense better this year, offensive coordinator Mike McCoy and quarterback coach Bill Musgrave.

One of the reasons why Lynch is more comfortable is because he taking more snaps in the shotgun formation and Siemian, he learned about McCoy's principles from Peyton Manning. Both quarterbacks will thrive in this offense.

The way I see it, if the Broncos can average 24 points per game, with their stellar defense, they will win most weeks. Siemian won't make mistakes. I think Lynch is capable of making plays that Siemian can't but I also think he style of play tends to lead to more turnovers. He still tries to squeeze passes through tiny windows.

Hey, if after four weeks if Siemian and the Broncos get flatten like road kill, then you go with Lynch, let him get some seasoning. You look to the future.

Ultimately, the starter will reveal himself in pre-season games. We will get a look at both QB's in ten days when they play the Bears. It bears repeating, I like both quarterbacks but I would start Siemian.

# Von Miller, while being Von Miller, follows in Peyton Manning's footsteps

By Charean Williams

Pro Football Talk

August 2, 2017

Von Miller has anew mantra: What would Peyton do?

The All-Pro linebacker has replaced retired quarterback Peyton Manning as the face of the team and the voice of the locker room. Where he leads, the Broncos follow.

"I think Peyton Manning had an influence on us all," Miller told Mike Klis of 9News. ". . .I put a quote on Instagram yesterday, 'If you do what you love, you would never have to work a day in your life,' and this is truly what I love to do. As the years add on you start to appreciate it a whole lot more. You've got young guys coming in that's looking at you. You appreciate the way they look at you. You appreciate they leadership position they automatically put you in. So I just want to set a good example for everyone who comes out here.

"But at the same time, I want to be Von. I want to interact with everybody. Have fun. But at the end of the day I've got to do my job. It's all square business when I'm out here on the field."

Miller also has taken over Manning's role as lead autograph signer. He signs every day at training camp, not just on his designated day, as Manning did.

Everyone wants something from Miller, as the Broncos' best player, and he has delivered on and off the field.

"It's the legacy aspect of it," Miller said. "Whenever you're gone, whenever it's all said and done, what are they going to say about you? I've always kept that in mind, but this year, it's year seven. I want to play 20. So I have to start taking advantage of the opportunity I have now. Peyton, DeMarcus [Ware], Brian Dawkins, Tim Tebow, all those guys set a great example for me to go out here and just put my own spin on it and be Von."

# Ryan Clady announces his retirement

By Darin Gantt  
Pro Football Talk  
August 2, 2017

For the second time this week, a former Pro Bowl left tackle has retired.

But unlike Branden Albert, Ryan Clady didn't walk away from a team in the first week of training camp.

Clady tweeted out word that he was retiring after nine seasons in the NFL.

He mentioned in his message that "several teams" were interested in signing him, but that with a week of camp in the books, he didn't feel the passion to play to the level he expected of himself.

Clady visited the Seahawks earlier this offseason, but hadn't found other apparent offers.

He played in nine games for the Jets last year, after a productive seven-year run with the Broncos.