

A Day in the Life of a Super Bowl Player

Broncos lineman Zane Beadles gives the tick-tock of his Super Bowl Wednesday: media, meetings, an all-out practice and, oh yeah—finding his sea legs

By Zane Beadles

SI.com/The MMQB.com

January 30, 2014

7:00 a.m.: I get up to the ring of the hotel telephone after 10.5 hours of sleep, which, let me tell you, is amazing. I'm in a king-sized bed at the Hyatt Regency in Jersey City. It's a standard hotel room, with a little couch and a nice little desk area. It's nothing big, but it serves its purpose for the week. The wake-up call comes from the hotel staff under request by the team.

7:20 a.m., breakfast: Breakfast is in a large, wide-open ballroom in the hotel with a buffet, a salad and fruit station, and an omelet table. That's where I load up—five eggs, chicken, bacon, watermelon, cantaloupe, hash browns. The staff is very professional; they let us do our thing and don't really treat us like they're fans. It's a safe haven for us where we can relax and hang out. I sit with the offensive line guys, an extremely close group. Sometimes tight ends or quarterbacks sit with us, or every once in a while a defensive line guy will join. Players are tired and starting to get going, so many of them are drinking coffee or tea, and then after breakfast packing in that first mouthful of chewing tobacco. I stick with tea.

7:50 a.m., team meeting: This meeting is very brief, with coaches giving us information on our obligation for the media of the day. We've got a 45-minute session on the boat, which is a 30-second walk from the hotel. Sometimes, in these scenarios, the team takes an opportunity to give us a heads up if there's a sensitive topic going around. They'll say, "Be ready to answer this." But I think our PR people are pretty confident and happy about how we conduct ourselves. They just say, "Good job on Media Day. You guys did great, so keep that up."

8:30 a.m., media session on boat: I show up downstairs at the hotel in a T-shirt, not thinking about the cold walk to the boat. Big mistake. [The Broncos' media sessions take place on-board a cruise ship, the Cornucopia Majesty.] Then I'm stumbling around on the boat trying to find my seat because it's moving a little bit—I have to get my sea legs. I do an interview with some guys from London who ask me about the possibility of an NFL team locating there. The guy has a son who's playing American football at a university over there and they have their championship game Sunday, so asks, 'What kind of advice would you give him for a game like this?' I say, "At the end of the day it's another game, so prepare the same way and play the way you have all season and you'll like the way it ends up." It's pretty shocking to me how many media members there are at the Super Bowl

and how diverse the group is. I didn't imagine this... You always hear stories about how it's a circus. But unless you experience it you can't really wrap your head around it.

9:00 a.m, position meetings: For the next two hours we sit in a brief offensive meeting in a large ballroom, followed by long position meetings. Offensive coordinator Adam Gase stresses the need to go out and have a good practice, to be physical, execute well and to have the right attitude. In our offensive line meeting we go over the new verbiage being installed, various tweaks to the game plan, and we watch tape. Unlike a lot of teams, there's nobody who flashed on Seattle's tape, because they're all special. They have a lot of guys who can be game-wreckers, and that's what makes them a very good team. There aren't one or two guys you can focus in on.

Position meetings usually are when we bring up who did what in the media that week, and the corresponding fine. As offensive linemen, we try to stay out of the media as much as we can, so anytime somebody has a big media thing we chat about that. I can't speak much about the system, but it's our deal. We donate some of the money to charity and we split the rest among ourselves and do something fun together at the end of the season. One last hurrah before everybody parts ways.

11:45 a.m., lunch: I run up to my room and grab the jacket I didn't wear because I'm an idiot. Lunch is chicken breast, peas and carrots, red potatoes with garlic and cheese, watermelon and water. It's a quick lunch because practice is at 2 p.m.

12:45 p.m., bus: The ride to the Jets facility takes 45 minutes. Everybody gets his own half-row to himself, so most guys listen to music, study film on their tablets or call people who've tried to call them the previous night or that day. It's your time to relax and get your mind ready for practice. I try to call a buddy, then listen to a Kings of Leon shuffle.

2:00 p.m. practice: Being in a new facility is one of several things that make Super Bowl week unique. Everybody has his practice routine, and most guys have it down to a science; you know, with this many minutes I need to be done with this and so on. A change of venue throws you off your rhythm because you don't know where everything is. At practice we work over recorded crowd noise played over speakers, and we always do it loud. Peyton Manning is demanding and businesslike, just like he's been all season long. Nobody wants to leave anything out there. There's very much a sense of that in every drill that you do, you're trying to work on the finer points of things more than ever. John Fox brings us together at the end of the two hours and says it was a good practice with great energy.

4:15 p.m., weight room: We do four circuits: shoulders, chest, core, back. The same zeal for detail we had on the field carries over to the weight room. Afterward we have two options—take the first bus back to the hotel or stick around and hit the cold tub, the hot tub or the sauna. Like many guys, I stick around and do everything. I'm sitting in the cold tub when I finally get a chance to look at Twitter and catch the best news of the day. Colorado Governor Hickenlooper has decided to temporarily name the 50-some 14,000-foot peaks of the Rockies after the 53 active Broncos in the Super Bowl. Everybody thinks that's pretty cool when I share the news. If we win, I've got to go take a picture on top of my mountain. [Beadles gets Mt. Harvard, Colorado's third-highest peak at 14,421 feet. Hickenlooper says Beadles and the other offensive linemen "are as formidable as the line of Collegiate Peaks."]

6:30 p.m., return to hotel: The offensive line decides on a New York pizza place that's come highly recommended: John's. We have two breakfast pizzas, a sausage, supreme and cheese delivered to the hotel. We meet in a players lounge set up for us here in the hotel and get to work. The pizza's really good, and we'd been looking forward to having some good New York pizza since we got here. We chat about families and go over the experiences we've had here so far. Two linemen, Chris Clark and Manny Ramirez, visited the memorial at Ground Zero on Tuesday, a place I visited in the offseason two years ago. It's such an impressive tribute, and you have to hold a lot of respect and sympathy for what went on there on that fateful day. That feeling touches your heart. It's a very somber experience, but I think it's one every American should go through.

7:00 p.m., wind down: After dinner, we play a version of spades for several hours before retiring to our separate rooms. It's a long day—12 hours of movement at the end of a 22-week season of football. The whole body aches, but the bye does some good, and the adrenaline that comes from just being here pulls you through. I don't think it's really set in yet—just how special this is.

Zane Beadles is a fourth-year guard out of Utah. He was named to the Pro Bowl last season and was the Broncos' 2012 Walter Payton Man of the Year nominee. This is his first Super Bowl.

'Little Zane' a big man in Broncos offense

By Richard Anderson
Rapid City Journal
January 23, 2014

At 6-foot-4 and 305 pounds, no sane person would ever call Denver Broncos starting guard Zane Beadles little.

Well, except for my late wife, Teresa. She had a good reason. When Teresa knew Zane, he was little ... about 2- and 3-years-old little.

When Beadles was drafted out of the University of Utah and made his mark as a Broncos' starter, Teresa still called him: "Little Zane."

Teresa's basketball playing career for the University of Wyoming was cut short after her junior season in the late 1980s because of an illness. Back in the day, players who were allowed to keep their athletic scholarship basically had to work for it. Teresa did that for two years as the team's unofficial manager.

One of her jobs was to keep an eye out on "Little Zane" when he tagged along at the Cowgirls' practice, as his mother, Jamie, was on the Wyoming team.

Watching "Little Zane" meant making sure he didn't wander off like a youngster can do and at least try to stop him from throwing basketballs out on the court while the practice was in session -- like "Little Zane" was known to do on occasion.

Beadles is the step-son of current Wyoming head women's basketball coach Joe Legerski, who was a young assistant at the time under Chad Lavin.

Several years later Beadles returned to Laramie for the summer as Legerski became the women's basketball head coach at Wyoming, and he played for the Laramie Rangers American Legion baseball team. By that time, he was no longer "Little Zane." As could be expected by now, he was a power-hitting first baseman.

If you are a fan of the Ellen DeGeneres Show, you might have seen Beadles' appearance on Wednesday as he was promoting his charity, Zane Beadles Parade Foundation. There, the big man danced with DeGeneres, talked about his foundation and the Super Bowl and gave her his jersey off of his back (signed), while DeGeneres gave him a \$10,000 check for his foundation.

For more of the Zane Beadles Parade Foundation, see: <http://zanesparade.org/>

I know Teresa was thrilled when "Little Zane" was drafted by the Broncos in 2010 and I'm sure she'll be cheering for "Big Zane" in her own special way on Super Bowl Sunday.

Beadles to Appear on The Ellen DeGeneres Show

By Brandon Moree
DenverBroncos.com
January 22, 2014

ENGLEWOOD, Colo. – The Broncos have a couple of days off from practice before returning to practice Thursday and so in that time, left guard Zane Beadles went to California to appear on the Ellen DeGeneres Show.

His appearance will air Wednesday at 3 p.m. MST on KUSA in Denver. In Colorado Springs it will air on channel KOAA and in Grand Junction it will air at 4 p.m. MT on KREX.

DeGeneres introduced Beadles to the audience and said that she found out it was his dream to dance with her and she “would be a monster to say no.”

“It’s a huge honor for me to be with such a generous person.” Beadles told DeGeneres on the show. “The things that you do for people around the world is amazing.”

They discussed his duties on the offensive line, what it’s like to take ice baths and Beadles’ foundation – the Zane Beadles Parade Foundation. His foundation aims to improve the lives of young people in unfortunate situations through new experiences, scholarships and financial assistance for medical recovery.

While on the show, Beadles was presented a check for \$10,000 for his foundation.

Before his segment was over, DeGeneres gave Beadles a pair of compression shorts with the words “Ellen’s got my blind side covered” on the rear.

“Now I’m on your side because I want you to win,” DeGeneres said to Beadles. “Because you’re here and I like you a lot.”

Beadles returned to favor by giving DeGeneres an autographed jersey off his back.

You can watch Beadles’ segment on the Ellen DeGeneres Show [here](#).

Beadles Hosts 'Cakes for Cancer' Event

By Brandon Moree

DenverBroncos.com

September 8, 2013

Broncos G Zane Beadles hosted an event Sunday to benefit Brent's Place, which provides housing for families with recovering children.

DENVER -- Zane's Parade Foundation, founded by Broncos offensive lineman Zane Beadles, hosted "Cakes for Cancer" Sunday morning to benefit Brent's Place. Brent's Place is the only "safe-clean" housing facility in the Rocky Mountain region approved by Denver area children's hospitals.

Brent's Place helps children recovering from life-saving cancer treatments, and their families, by providing environments that are free of common viruses, bacteria and germs for the children to stay during their recovery process.

"Safe-clean" environments are critical for children recovering from treatments like bone marrow transplants because the immune systems of affected children are particularly vulnerable during the recovery process.

"I knew I wanted to do something for kids with cancer," Beadles said. "I looked around the Denver area and found Brent's Place that provides safe-clean housing for kids going through cancer treatments. They're able to stay there with their families while their immune systems are compromised. I team up with them, going on about two and a half years now and they're an organization that provides a very unique and needed thing for families going through that time in their lives. It's definitely been a great partnership."

Beadles hosted families from Brent's Place and fans of all ages at the Exdo Center in Denver for breakfast and fun on Sunday morning. Beadles along with teammate Ben Garland danced with some of the children in attendance – and some of the Cherry Creek High School Cheerleaders -- and competed in a pancake eating competition.

The event also presented the opportunity to bid in both live and silent auctions to benefit Brent's Place. Since 2011 Zane's Parade has raised more than \$50,000 for Brent's Place.

The event, like the logo for Zane's Parade, was elephant themed – an elephant size cake walk, the eating competition included strap on trunks and tusks, and balloon elephants were scattered around the room.

"If I were a wild animal, I think I would be an elephant," Beadles said. "I've found a lot of similarities between myself and elephants. I would have to say they're my favorite animal. They're very passionate, they're very loyal, they're smart animals and a parade of elephants I thought was a great correlation between what I wanted to accomplish with my foundation and everything. So it was perfect match for what we wanted to do."

Kids were also able to have their faces painted, color, jump in the bouncy castle and play other assorted games. Snooze provided breakfast and the pancakes for the competition and food trucks were assembled just outside the building for dessert.

"It's definitely good," Beadles said of getting the chance to hang out with the children. "Especially early in the season, coming off a big win, it's good to get out in the community. We've been given such great experiences in our lives and I'm just blessed to be in the position that I'm in that I feel like I need to give that back to people and be involved in the community. It's great to be out here and hopefully everyone has a good time."

Broncos' G Zane Beadles Doesn't Just Play, He Influences The Cancer Community

By Kim Constantinesco
Broncos
Predominantly Orange
August 26, 2013

Perhaps in a different lifetime, Denver Broncos' starting left guard Zane Beadles was an elephant roaming the great arid deserts of Africa or stomping around lush evergreen forests in Asia. His size wouldn't be the only thing that indicates the possibility, however.

For Beadles, protecting and providing come second nature, which is the main reason why the Broncos took the former Utah Ute in the second round (45th overall) of the 2010 draft. Beadles is a 6'4," 305- pound pushing, pulling, and pancake blocking machine. Perfect for protecting eventual \$96 million man, Peyton Manning.

"I think of myself as an elephant," Beadles said. "If I were an animal, I could be an elephant. Elephants are intelligent animals, they're passionate, they're large animals, they're very pack oriented. When one elephant dies in the parade, they mourn for about a week. They look out for each other."

That's why the four-year NFL veteran uses three elephants linked together – trunk to tail – as his logo for the Zane Beadles Parade Foundation. The foundation aims to help youth who are in unfortunate situations, whether it's kids fighting cancer or teenagers whose parents are going through a divorce.

Beadles' "elephant ways" didn't begin once he hit the professional ranks. They started early on growing up in Sandy, Utah, but really took front and center in 2006 during his freshman year at the University of Utah.

Sometimes the slightest shift in perspective or a chance meeting can connect like an asteroid striking the earth. That's what happened for Beadles and his Utah teammates when they met then six-year-old Ryker Fox.

"He knew he was sick and said he wanted to be buried in a Utah jersey so we kind of adopted him on the team," Beadles said of Fox. "He would come to practice and stuff. Just watching him go through his battles, he left a big impact on me."

Fox had Glioblastoma Multiforme, an aggressive and malignant type of brain tumor that is very difficult to treat.

Beadles knew Fox for 13 months before he passed away just two months after his 7th birthday.

"He was a big part of our season that year," Beadles said. "He was in the locker room with us before games. He came to our end of the year banquet."

The Utes finished 8-5 that year, certainly not one of the school's best years on the field. However, it may have been one of their best years in the locker room in terms of growth and reality checks. It was a case where in the midst of darkness, Fox became that sliver of light that made everything appear brighter.

"From where you sit in the athletic area and kind of watch it, you saw the reaction of Zane and the other guys," longtime Utah athletic director Dr. Chris Hill said. "For me, it made my day, it made my week to see how people like that respond."

When all was said and done at Utah, Beadles started 50-of-51 career games, earned first-team All-Mountain West accolades in his final two seasons, received first-team All-America honors as a senior, and proudly walked across the stage with a degree in mechanical engineering.

"He was a fantastic guy," Hill said. "He was a brilliant student here. He was one of our best representatives we've had here at the University of Utah."

Beadles had his sights set on the NFL, but he always kept the experience of meeting Fox close to his heart. With grandparents that battled cancer as well, Beadles made it his mission to influence and inspire beyond the football field.

"The big idea is I've been given so many opportunities from football," Beadles said. "Just meeting new people and new experiences in general that have helped open my eyes to the world that I want to provide that for people that wouldn't otherwise be able to have those experiences."

As soon as Beadles arrived in Denver, he decided he wanted to do something for kids with cancer.

He found Brent's Place, which is a "Safe-Clean" housing facility for immune compromised patients and their families. It's a place that fosters hope and healing for families with a child who is being treated for life threatening cancer.

Beadles started Cakes for Cancer, which raises money for Brent's Place through the Parade Foundation. For every pancake block (when an offensive lineman knocks a defender on his back and falls on top of him) by a Broncos' offensive lineman, Beadles donates \$250 to the foundation.

There's even the first annual pancake breakfast coming up at the start of the season, where fans will be able to compete against Beadles and the rest of the Broncos' offensive line in a pancake eating contest to raise money.

As Beadles' NFL career has moved along, his foundation has as well.

"Brent's Place is still going to be a big benefactor, but now we're broadening our horizons and trying to help more people," the 2012 Pro Bowl guard said.

Beadles wants to help young soldiers coming back from war, youth from low-income areas, and kids who are having trouble at home. One of his longterm visions is to start building more places around the country like Brent's Place, probably starting with partnering up with Primary Children's Hospital in his hometown of Salt Lake City.

Like an elephant, Beadles never forgets where he came from.

"I've done a lot of work to get to this point, but there's been a lot of people in my life that have helped me get to this point also so I feel like it's my duty to be able to

give back because of the platform I've been given and because of the opportunities I've been given to come out here and play a game for a living."

For Beadles, inspiring on the field means being a team-player and blocking like it's nobody's business. For the same guy, inspiring off the field means finding a parade and getting in front of it, even if it is a parade of elephants.

Breakfast with Beadles for a Good Cause

By Mike Morris

DenverBroncos.com

August 21st, 2013

Zane Beadles and his teammates on the Broncos offensive line make their living pancaking defenders on the field.

Now, they'll trade the pancake blocks for actual pancakes in the name of providing "safe-clean" homes for children recovering from life-saving surgeries.

Zane's Parade – Beadles' foundation – will host the first-annual "Cakes for Cancer" pancake breakfast on Sunday, September 8th from 11:00 a.m. to 2:00 p.m. at Denver's Exdo Events Center.

The event – which will give fans in attendance the opportunity to meet and challenge Beadles and the rest of the offensive line in a pancake-eating competition – will donate 100 percent of its proceeds to Brent's Place, the only "safe-clean" housing facility in the Rocky Mountain region approved by Denver area children's hospitals.

The event will also include a White Elephant silent auction, an elephant cakewalk, and photo opportunities with Beadles and other offensive linemen – a full assortment of fun events and NFL stars who will tackle stacks of pancakes for a good cause.

Brent's Place helps children recovering from life-saving cancer treatments, and their families, by providing environments that are free of common viruses, bacteria and germs for the children to stay during their recovery process. The children and their families stay free of charge at Brent's Place, helping alleviate some of the financial burden that their families face.

"Safe-clean" environments are critical for children recovering from treatments like bone marrow transplants because the immune systems of affected children are particularly vulnerable during the recovery process.

Since 2011, Zane's Parade has raised more than \$50,000 for families at Brent's Place.

It's expected that the event will quickly sell out, so it's recommended that fans purchase their tickets as soon as possible.

Fans can buy tickets and learn more information about the event by visiting:
<http://zanesparade.org/2013/08/04/pancake-breakfast/>

Beadles Looking for Growth

Guard Zane Beadles is looking to take on more of a leadership role on an aggressively-minded group in 2013.

Stuart Zaas
DenverBroncos.com
Jun 2, 2013

ENGLEWOOD, Colo. – In his third NFL season, guard Zane Beadles was able to achieve the status of being one of the top guards in the AFC.

Now as he enters year four, Beadles wants to expand on that.

“The way I look at it is that I was able to go last year, but as an alternate,” Beadles said of his first career Pro Bowl. “There is definitely another step I can take towards that personally. The big thing is really worrying about what we do as a team. If we’re successful as a team, all that other good stuff falls into place.”

Beadles started all 16 games in 2012 and was the only Bronco to appear in every possible snap on either side of the ball. Including special-teams plays, Beadles participated in a team-high 1,231 snaps last year.

So he’s sticking with the offseason training plan that worked well for him a year ago.

“Not a lot has changed,” he said. “I try to stick to the things that have helped me be successful in the past and keep building on that stuff. I’m still working with the sports psychologist, trying to take on more of a leadership role maybe in my room. But not a lot has changed. I feel like I’m really settling in to what it means to be a pro and really how to approach an offseason and getting ready for training camp and all that stuff. It’s just being more and more comfortable every single day with that side of things.”

Now that Beadles has three full seasons of experience under his belt, he is taking on more of a leadership role with his position group.

“I think it goes back to just being comfortable, learning how to be a pro and earning the respect of guys—that doesn’t happen overnight,” he said. “You have to do that through work and your play on the field. I think it is just a natural progression.”

As the team hit the field for the first organized team activities of the offseason this month, most of the work is about establishing a culture or attitude.

Since there is no live contact allowed during OTAs, much of what can be accomplished on the field has to do with the mental side of the game. Offensive Line Coach Dave Magazu is working with his unit on having an aggressive mentality when it comes to the run game.

"I get excited," Beadles said of the attitude in the O-line room. "And the biggest thing for us is just having that attitude as an offensive line and not accepting not being able to get that first down. That is the big thing for us. It's been a big emphasis for us so far this summer and it will be all the way through the season."

The team had plenty of success during the regular season a year ago, finishing on an 11-game win streak and earning the AFC's top seed with a 13-3 record.

But when it came to the postseason, the Broncos came up short of their own expectations.

Denver took over on downs at its own 31-yard line with 3:12 to play and despite picking up one first down on the ground had to punt the ball back to the Ravens with 1:15 to play.

Broncos fans are well aware of what happened next.

"For me personally, that Baltimore game—a lot has been made about lots of parts of that game," Beadles reflected. "For me personally, especially from an O-Line standpoint, if we gain one more first down in the four-minute drill and we finish with the ball in our hands, there is not even an opportunity for them to go down and score. So, I think the big thing is just everybody looking at their position and themselves specifically and seeing how they can get better and how we can finish games. That will make us all better in the end."

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Beadles Envisions Bigger Role with Broncos in 2013

Arnie Stapleton
Associated Press
May 29, 2013

ENGLEWOOD, Colo. (AP) — This is exactly what Zane Beadles visualized a year ago when he first started seeing a sports psychologist to help him blossom in the NFL.

The Denver Broncos' left guard is coming off a Pro Bowl appearance as he heads into his fourth season in the pros, and he now sees himself as a leader of Peyton Manning's protectors, too.

After his breakout season last year ended with a trip to Honolulu alongside Manning, Beadles has enhanced the mind games he's employed to become a better football player. He's now using computer-generated 3D imaging to help him prepare for what he trusts will be an even better season in 2013.

"It's pretty cool stuff and some teams are starting to use it and I think it can be advantageous, and the way I look at it is it's not going to hurt me, so, anything I can do to help," said Beadles, who credited his breakout season to the work he did with the sports psychologist last year.

"I try to stick to the things that have helped me be successful in the past and keep building on that stuff and I'm still working with the sports psychologist, trying to take on more of a leadership role, maybe in my room," said Beadles, who studied mechanical engineering at the University of Utah.

Beadles is the only Broncos starting offensive lineman to come out of the 2012 season unscathed.

The other four are coming off surgeries that limited their offseason field work: Ryan Clady (shoulder); Orlando Franklin (toe, shoulder); Chris Kuper (ankle); and J.D. Walton (knee).

Clady, a fellow Pro Bowler, hasn't signed his \$9.8 million franchise tender and has skipped all of the team's offseason workouts so far. Kuper's first surgery 18 months ago after a gruesome ankle injury didn't take and he had a repair done this offseason.

With so much uncertainty surrounding the line, free agency was barely 20 minutes old when Louis Vasquez signed a four-year, \$23.5 million deal that made him the team's new right guard and the vanguard of Denver's \$65.5 million offseason splurge.

At 6-foot-5 and 335 pounds, Vasquez brings up the average weight of Denver's projected starters to a robust 317 pounds, perfect for the enhanced ground game they figure to run with rookie Montee Ball and second-year pro Ronnie Hillman.

"Well, he's one of the biggest people I've ever met in my life," Beadles said of Vasquez.

And that's something coming from a man who stands 6-4 and tips the scales at 305 pounds himself.

"I'm excited to see what he can do and what he can bring to us, physicality and that sort of thing that will be good for us," Beadles said.

Beadles is the "lightest" of the linemen, but the group doesn't lack for agility and athleticism, as evidenced by offensive coordinator Adam Gase wanting to pick up the pace and install a more up-tempo offense for Manning to operate this season. "I love it," Beadles said. "I feel it can be a huge advantage for us and it's a lot of fun."

Gase said the speed will be based on how much the receivers and tight ends can handle, but the offensive linemen know they're going to have to adjust, too — Franklin, for example, said he's trying to drop a few pounds.

Beadles isn't necessarily dieting but he is preparing for a more grueling season of fastbreak football.

"We don't have to run as far (as receivers), obviously, we just have to run into people," Beadles said. "So, you know it depends on what's going on in the series, too. For us, run-blocking is more tiring than pass-blocking is a lot of times, so the only thing we can do is make sure we're in great shape and be ready to do our best with it."

Beadles was an alternate Pro Bowl pick last year and when enough players ahead of him pulled out of the annual all-star game, he gladly flew to Hawaii to cap off a breakout season that had ended so unexpectedly with a double-overtime loss to Baltimore in the playoffs.

"The way I look at it is I was able to go last year but as an alternate, so there's definitely another step I can take," Beadles said. "But the big thing is really worrying about what we do as a team. If we're successful as a team all that other good stuff falls into place."

While so much has been made of Denver's defensive debacles in the waning minutes of regulation in their playoff loss to the Ravens, when Jacoby Jones wasn't jammed by Tony Carter and hauled in a game-tying 70-yard TD pass over a late-arriving Rahim Moore, Beadles said the Broncos' offense bears some blame, too.

"A lot has been made about lots of parts of that game. For me personally, especially from an O-line standpoint, if we get one more first down in the four-minute drill and we finish with the ball in our hands, there's not even an opportunity for them to go down and score," Beadles said. "I think the big thing is just everybody looking at their position and themselves specifically and saying how they can get better and how we can finish games. And that will make us all better in the end."

Zane Beadles teams with Lonie Paxton in hosting draft bowling party for charity

Mike Klis
The Denver Post
March 26, 2013

Every year since he joined the Broncos as a longsnapper in 2009, Lonie Paxton has been holding a Broncos bowling party on the first night of the NFL Draft. All proceeds benefit his charity, Active Force Foundation, which implements downhill four-wheel mountain bikes into adaptive sports camps and programs to better serve the disabled sports community.

Paxton is now a former NFL player so he has enlisted current Broncos left guard Zane Beadles to help him with his event. Beadles will join Paxton in co-hosting the event on April 25 at Celebrity Lanes in Centennial. Beadles says the bowling party will help his foundation which raises money for specialized housing for pediatric cancer patients. Paxton and Beadles figure to be supported by plenty of Bronco players. And no one figures to leave early as the Broncos aren't scheduled to select until the No. 28 overall pick.

If you want to watch the draft with Broncos players and bowl, tickets are \$150. If you want to hang out and watch the draft and not bowl, tickets are \$50. For more information go to: www.DenverDraftParty.com. or call 303-688-9412.

Broncos' Beadles To Speak At Mines Athletics Dinner & Auction

Colorado School of Mines Athletic Department
February 12, 2013

GOLDEN – Colorado School of Mines Department of Athletics officials announced on Tuesday morning that Denver Broncos' Pro Bowl guard, Zane Beadles, will be the featured speaker at the 11th Annual Athletics Dinner & Auction on May 17, 2013, at Lockridge Arena in Golden.

A native of Sandy, Utah, Beadles just finished his third season as an offensive lineman for the Denver Broncos. He has started 46-of-48 games during his first three NFL seasons and was elected to the 2012 Pro Bowl after allowing just one sack during the 2012 season. He was the only member of the Broncos to play in every offensive snap in 2012 and started all 16 games for the Broncos, who won the AFC West Championship and earned the No. 1 seed in the AFC Playoffs.

Beadles started all 16 games for the Broncos in 2011 as well and helped the squad finish first in the NFL with a team-record 164.5 rushing yards per game.

A second round (45th overall) draft choice by the Broncos in 2010, Beadles appeared in all 16 games for the Broncos as a rookie, including 14 starts, which earned him a spot on The Sporting News' All-Rookie Team.

He has started all three of the Broncos' postseason games since entering the league in 2010 and was named the Broncos' Walter Payton Man of the Year nominee in 2012 for his work in the community.

As a standout tackle at the University of Utah, Beadles received First Team All-America honors from the Football Writers Association and College Football News as a senior and was chosen as the 2009-10 Mountain West Conference Male Scholar-Athlete of the Year. In addition, Beadles was voted a finalist for the Wuerffel Trophy and was a Lowe's Senior CLASS Second Team All-American.

Beadles majored in Mechanical Engineering at Utah and earned a postgraduate scholarship from the NCAA for his classroom performance.

Now in its 11th year, the annual Athletics Dinner & Auction is designed to help raise money for the Colorado School of Mines' 18 intercollegiate athletic programs. The Orediggers are currently No. 1 in the NCAA Division II Learfield Sports Directors' Cup Standings out of 286 NCAA Division II institutions through the completion of the fall season.

Lady Plainsmen, Zane Beadles of Denver Broncos join forces

David Watson
WyoSports.net
February 8, 2013

Every now and then, the game becomes the side story and bows to the greater challenges of life.

The Laramie High girls basketball team has partnered with Denver Broncos Pro Bowl offensive left guard Zane Beadles for cancer awareness.

The last weekend of home games for the Lady Plainsmen begins with Senior Night before tonight's 7:30 tipoff against Sheridan.

The activities before, during and after the 11:45 a.m. game Saturday against Gillette will focus on Beadles' Cakes for Cancer charity and the Laramie families it benefits. Beadles will start the day at about 10 a.m. by signing autographs in the front lobby.

Beadles jumped at the opportunity when his mother, Jamie Legerski, who is a member of the Laramie Girls Basketball Booster Club, approached him with an idea. Beadles' stepfather is University of Wyoming women's basketball coach Joe Legerski.

LHS athletes Madison Legerski, a senior, and Joseph Legerski, a sophomore, are his sister and brother.

"I try to get up to Wyoming whenever I can to see Madison and my little brother, Joseph, play," said Beadles, who was born in Casper and also has family ties there.

"They have supported me so much throughout the years of my athletic endeavors that I try to get up to see them as much as I can.

"When my mom approached me about this, it was a no brainer."

The fundraising started a couple of weeks ago when Beadles donated an autographed football signed by last season's Broncos for a raffle. Other Cakes for Cancer fundraising items and activities are also planned.

"It is really neat he is now in a position he can do this," Jamie Legerski said. "He always talked to me that if it ever happened, he would really embrace giving back. It's just been the mentality of our family and wasn't anything we had to force him to do."

Three families from Laramie who have directly benefited from Beadles' Cakes for Cancer, which provides funding for Brent's Place in Denver, will also be recognized. Brent's Place allows families a place to stay free of charge while their children are treated for cancer, no matter how long the stay.

Cakes for Cancer

Beadles, who was honored last season with the Walter Payton Man of the Year Award for the Broncos, started Cakes for Cancer in August of 2011.

When he or any other offensive lineman puts a defender on their backs for a pancake block, Beadles donates \$250 to Cakes for Cancer that goes directly to Brent's Place.

"Our offensive line is one of the closest groups, if not the closest, on the football field because we depend on each other for our jobs," Beadles said. "We are also together off the field just as much and are really good friends."

Beadles' desire to help kids with cancer dates back to when he was a freshman at the University of Utah and met Ryker Foxx. Foxx, who had a brain tumor at age 6, made a request through the Make a Wish Foundation to be a part of Utah football. "He knew he was going to die and wanted to be buried in a Utah jersey," Beadles said. "So our team adopted him, and he would come to practices and be in the locker room before games. He had a big impact on me, just seeing his spirit."

Foxx lost his battle a year later. Beadles still wears a bracelet that bears his name to this day.

"I have also had a good amount of cancer in my family with two grandmas that beat cancer — one of them beat it twice," Beadles said. "I've also lost a couple grandparents to cancer. Both my parents are re-married, so I have lots of grandparents."

When Beadles and his agent were searching for charities to be involved with in the Denver area, he had a talk with his mom.

"I said, 'You know Zane, I appreciate that you want to give back, but it needs to be something that is dear to your heart,'" she said. "I asked him where he would like his money to go. He then looked at his bracelet and said, 'Kids with cancer.'"

Cakes for Cancer raised \$22,000 for Brent's Place from August 2011 to August 2012. So far this year, \$76,000 has been donated.

Brent's Place

The Brent Eley Foundation started in 1997 and opened a facility in Denver in 1998. Brent's Place opened another facility in Aurora, Colo., in 2009 near Children's Hospital Colorado.

The Augustin family is one of three from Laramie that have stayed at Brent's Place,

which provides "Safe-Clean" environments with apartments, play areas and activities for children while being treated.

Derek Augustin, 8, was diagnosed with neuroblastoma in August of 2011 — about the same time Beadles was searching for his charity.

Derek's parents, Lisa and Kurt Augustin, stayed with him at Brent's Place from February through June of last year while he had extensive treatments. They did two-week rotations, with sister Anna also visiting periodically.

"I call Brent's Place my second family," Lisa Augustin said. "The kids roam the offices throughout the day, and the staff drops what they are doing to talk to the kids or give them things to do to help around.

"It's not a hospital setting, and the kids are laughing and carrying on. Everyone there is positive and upbeat, which really helps the kids."

Then along came Beadles, who not only donates money through Cakes for Cancer, but also his time with regular visits with or without his fellow linemen.

"It's one thing to raise or donate money to a cause, but it's another thing to donate your time as well," Beadles said. "I like going there, being up close and personal, and hearing the stories from the families."

And that made a lasting impression on Lisa Augustin.

"Everyone in Wyoming expects you to be a Broncos fan, and I wasn't since I was a kid," she said. "But when I heard and saw Zane was doing this, and there was a Wyoming connection, I became a Broncos fan.

"When he and his teammates showed up, there was no celebrity status. Those big guys were making cupcakes with the kids. It was so surreal."

Derek was given the "all clear of cancer" just before Christmas.

Lady Plainsmen and Cakes for Cancer events:

— Raffle tickets for the Denver Broncos autographed football will be sold during the first half. Prices are \$1 per ticket or \$5 for six tickets.

— An 8x10 signed photo of Zane Beadles will be sold for \$2. People can also bring their own articles for him to sign.

— After the game, the public can shoot a free throw for \$1. If they make it, they can have their picture taken with Beadles (bring your camera).

— For more information about Brent's Place and Cakes for Cancer, go to:

<http://brentsplace.org/cakesforcancer>.

Beadles Named Team's Walter Payton Man of the Year

Gray Caldwell
DenverBroncos.com
December 20, 2012

Throughout the Broncos locker room, there are dozens of players that seem to participate in virtually every community event, constantly helping out the Denver area off the field.

In 2012, guard Zane Beadles stood out, and he has been recognized as the Broncos' 2012 Walter Payton Man of the Year.

Beadles has been involved in a number of initiatives, most notably spearheading a program the offensive line has continued for multiple seasons — Cakes for Cancer — which donates \$250 to Brent's Place for every pancake block the line makes.

Beadles' inspiration for the program came while playing at the University of Utah, when he met a 7-year-old boy named Ryker, who was stricken with Glioblastoma Multiforme cancer.

The Utes adopted Ryker as a member of the team, but about a year later, he lost his battle with cancer.

"I knew I wanted to do something with cancer and something with kids," Beadles said. "I just looked around the area and found Brent's Place. I learned about them and what they do and it seemed like a perfect fit. That's how it kind of came about."

Brent's Place operates two hospital hospitality houses — one near Denver's Presbyterian Saint Luke's Hospital with six apartments primarily for adults with cancer and their families, and one adjacent to Aurora's Anschutz Medical Campus with 16 apartments primarily for children with cancer and their families.

The program is important to Beadles, whose family has also been affected by cancer.

This season, Beadles hosted a Cakes for Cancer Pancake Breakfast to help raise further funds.

"It's been fun," he said. "The offensive line, we do everything together anyway — that's the whole thing with us. So something that we could do for charity and kind of incorporate everybody in the room was definitely something I wanted to do. It's been successful so far."

Beadles has also helped introduce local youth to the world of engineering by speaking multiple times at the Colorado Association of Black Professional Engineers and Scientists Technical Resource Center.

As a graduate of the University of Utah with a degree in mechanical engineering, Beadles was able to give the group of students first-hand advice on how to succeed in both academics and athletics.

"A lot of people and a lot of kids think you can't do both athletics and academics," Beadles said before the program. "While it was difficult going through college, if you really put your mind to it, you can do it. It's no problem. Kids being able to see that, I think is a good thing because obviously they are interested in sports and things like that, but they can also realize that they can focus on their academics as well."

In addition, Beadles participated in this year's Movember initiative, growing a mustache during the month of November to help raise awareness for men's health issues.

As part of the honor, the Broncos will make a \$10,000 donation in Beadles' name to the cause of his choice.

Beadles Talks Man of the Year Award

Tyler Everett
DenverBroncos.com
December 20, 2012

Guard Zane Beadles discusses being nominated as the Broncos' candidate for the Walter Payton Man of the Year award.

ENGLEWOOD, Colo. – Guard Zane Beadles prides himself on his commitment to the Denver community and his charitable work off the field.

But in a locker room full of players similarly devoted to using their status as prominent athletes to make a positive impact on the lives of others, Beadles didn't consider himself the favorite to be named the Broncos' recipient for the Walter Payton Man of the Year. But sure enough, it was Beadles who took home the recognition, rewarding him for his work with, among other initiatives, the Cakes for Cancer program and the Colorado Association of Black Professional Engineers and Scientists.

"I was definitely surprised," Beadles said. "I thought it was going to be a guy like (linebacker) Wesley Woodyard or (safety) David Bruton that do a lot in the community, but they said my name and it was a big surprise but a great honor."

Like the other Broncos who put forth time and effort for their favorite causes, the purpose of Beadles' efforts is not to gain attention. But that doesn't mean the recognition fails to create a special feeling.

"I think people don't understand that we don't really do it for awards like that," said cornerback Champ Bailey, who has received the honor twice in his Broncos career. "Everything comes from the heart. He's been consistent in the community since he has gotten here so he's well-deserving. I'm happy for him. It kind of rubs off on your teammates, and that's really what it's all about."

Beadles agreed.

"That's a huge honor," Beadles said. "It's not the reason why I do it but it's great to be recognized and I think we, as athletes, are put in a great position and it's kind of our duty and a good thing for us to be able to give back."

In addition to Beadles' work off the field, he has drawn praise for the strides that he has made at guard in his third season in the NFL. He is currently the AFC's second-leading vote-getter at his position for the Pro Bowl, which would mark his first career appearance. His improved play has been a result of his increased comfort level within the Denver offense.

"Third year in the league, getting more comfortable with how the game's played in the NFL, playing with the same guys for multiple years now is huge and just getting more and more comfortable in this system -- all those things combined definitely help," Beadles said.

Beadles' progress has also impressed Offensive Coordinator Mike McCoy.

"Zane is someone we've had here for a couple years and I think every game that he's played, he's gotten better," McCoy said. "I think the way they're gelling up front is really -- they're doing a nice job."

A year after helping the Broncos lead the league in rushing, the Denver offensive linemen are once again performing at a high level in 2012, as the offense has averaged the second-most points per game in the NFL. For Beadles, a key factor has been lining up next to All-Pro tackle Ryan Clady, who is also in the running to be a Pro Bowl starter thanks to the fan vote.

"I'd like to think we help each other out but obviously he's a great player and it's a huge help for me to be able to play next to a guy like him," Beadles said.

Broncos guard Zane Beadles named team's Walter Payton man of the year

Tom Kensler
The Denver Post
December 20, 2012

Broncos guard Zane Beadles hopes he ends his season at the Super Bowl in New Orleans, of course. But it's already been a big year for the third-year pro.

Beadles is considered to be one of the team's most improved players, and Thursday it was announced that the Broncos selected him as their Walter Payton NFL Man of the Year award recipient. The award recognizes a player on each team for outstanding team leadership and community service.

"It's a huge honor; I definitely didn't expect it," Beadles said. "It's great to be recognized. As athletes, we're put in a great position and it's our duty, and a good thing, for us to give back."

Charities that Beadles is involved with include the Colorado Association of Black Professional Engineers and Scientists (CABPES), Brent's Place for children with cancer and Boys and Girls Clubs of Metro Denver.

The Broncos are scheduled to recognize Beadles' honor during halftime of Sunday's home game against the Browns. The team will donate \$10,000 to the charity of his choice. And his name will be submitted for consideration for the national award, which will be announced at the Super Bowl.

Beadles became an immediate starter as a rookie in 2010 after being drafted from Utah in the second round. He is the only Broncos player to have participated in every offensive or defensive snap this season.

"Every game that Zane has played, I think he's gotten better," offensive coordinator Mike McCoy said Thursday.

Beadles credits maturity for his improvement.

"Physically, as far as how my body feels and getting used to taking care of myself, that's been a huge thing for me," Beadles said. "At this point in the season, this is the best I've felt, even including my last two or three years of college. So that's been big.

"And just focusing on technique stuff every single day. Really just learning how to be a pro, that's been huge for me," he added. "It's a long, grinding season. And it's easy to stray from what got you here and what makes you a good player. Learning how to manage all that has been the biggest thing, I think."

Beadles and 'Cakes for Cancer'

By Gray Caldwell
DenverBroncos.co
September 23, 2011

Now the Broncos offensive line has even more reason to put defenders on their backs.

For every pancake block the offensive line makes this season, Zane Beadles will donate \$250 to Brent's Place as part of his "Cakes for Cancer" program.

Beadles' inspiration for the program came while playing at the University of Utah, when he met a 7-year-old boy named Ryker, who was stricken with Glioblastoma Multiforme cancer.

The Utes adopted Ryker as a member of the team, but about a year later, he lost his battle with cancer.

"I knew I wanted to do something with cancer and something with kids," Beadles said. "I just looked around the area and found Brent's Place. I learned about them and what they do and it seemed like a perfect fit. That's how it kind of came about."

Brent's Place operates two hospital hospitality houses — one near Denver's Presbyterian Saint Luke's Hospital with six apartments primarily for adults with cancer and their families, and one adjacent to Aurora's Anschutz Medical Campus with 16 apartments primarily for children with cancer and their families.

The new facility also includes social and activity spaces, a meeting room, commercial kitchen, library, exercise room, and an outdoor play space designed specifically for immune-compromised children.

"Specifically, the money raised by Zane will be used to provide specialized housing for pediatric cancer patients who have been required to temporarily relocate to Denver, along with their families, to receive life-saving medical treatments," Brent's Place Executive Director Sean Meyerhoffer said in a statement.

The program is important to Beadles, whose family has also been affected by cancer. He said the rest of the offensive line has taken up the cause, as well, allowing for a little extra excitement while watching tape.

"We have fun with it when we watch the film, just counting (the pancake blocks) up," he said.

So far, the line has accumulated four pancake blocks through the first two games of the season.

A mom's dream come true

BY BOB HAMMOND / LARAMIE BOOMERANG • TUESDAY, APRIL 27, 2010

Jamie Legerski doesn't have a crystal ball. It was more of a hope and a hunch than anything.

That's why she made a late-night trip to Wal-Mart last Thursday following the first round of the NFL Draft and bought 15 Denver Broncos hats.

She wanted to be prepared just in case her son, former Utah offensive tackle Zane Beadles, would somehow end up in a Broncos uniform before the three-day event concluded.

"We had watched the draft on Thursday night, and it was so cool because (the first-round picks) all got to put on the hats (of the team that drafted them)," Legerski, the wife of University of Wyoming women's basketball coach Joe Legerski, said.

"So I thought, 'Wouldn't it be cool if that really happened and I had hats to hand out to everybody?'"

On Friday, the Legerskis made the trip to Utah to watch the rest of the NFL Draft with Zane at the home of his girlfriend's parents in Orem.

That gathering included Jamie Legerski's side of the family as well as Zane's father's side.

Early in the second round, Zane got a call on his cell phone.

"We knew that somebody from the organization that is going to pick a player calls him before it is announced on TV," Jamie Legerski said. "He's on the phone and saying, 'OK coach ... really excited coach ... thanks coach,' and we're all sitting there really quiet and staring out him and thinking, 'Was it an NFL coach, a coach from college wishing him good luck or what?'"

Since the Raiders were on the clock, Zane's family was thinking that he might be headed for Oakland.

Jamie Legerski recalled: "As soon as he got off the phone I said, 'Are you next?' and he said, 'No, but I'm the pick after that, and I'm going to Denver.' We all started screaming."

Jamie Legerski sent her youngest son, Joseph, to the car for the Broncos hats, and they started handing them out. Then everyone got quiet for the announcement.

"With the 45th pick in the 2010 NFL Draft, the Denver Broncos select Zane Beadles, offensive lineman from the University of Utah," former Broncos running back and NFL Hall of Famer Floyd Little announced.

Jamie Legerski said: "We were all hoping it would happen. But never in our wildest dreams did we think he would go that high in the second round and then have him go to the Broncos.

"I still don't think I have grasped what happened because that was my dream for him to go to the Broncos, and it didn't matter what round."

Jamie Legerski feels like the selection of her son by the Broncos was payback for the last six years.

The Legerskis moved back to Laramie just prior to Zane's junior year in high school when Joe Legerski, who was an assistant coach at the time under Elaine Elliott at Utah, got the women's basketball job at UW.

Jamie Legerski then drove back and forth from Laramie to Salt Lake City for every one of Zane's high school (Hillcrest High in Midvale, Utah) games his junior and seniors years.

Then in the last four years that he was a starter at Utah, she saw all but three of the Utes' games, home and away.

"So I'm on cloud nine right now," she said. "I still can't believe it's true that he's going to be so close. I could not have asked for a better situation.

"We've never really been big NFL fans. We've always been about college sports and never paid much attention to the NFL, the NBA or anything about that. But now we are Bronco fans, and we will become NFL fans."

Jamie Legerski has son drafted by Denver Broncos

The Associated Press
May 3, 2010

LARAMIE, Wyo. — Jamie Legerski doesn't have a crystal ball. It was more of a hope and a hunch than anything.

That's why she made a late-night trip to Wal-Mart on April 22 following the first round of the NFL Draft and bought 15 Denver Broncos hats.

She wanted to be prepared just in case her son, former Utah offensive tackle Zane Beadles, would somehow end up in a Broncos uniform before the three-day event concluded.

Legerski, the wife of University of Wyoming women's basketball coach Joe Legerski, said she noticed while watching the first round of the draft that all the picks got to put on hats of the team that drafted them.

"So I thought, 'Wouldn't it be cool if that really happened and I had hats to hand out to everybody?'"

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Utah Utes Football: Five Questions for Zane Beadles

Deseret News

Published: Saturday, April 24, 2010

Zane Beadles' lifelong dream came true on Friday night. The former University of Utah All-American offensive tackle was picked in the second round of the NFL draft by the Denver Broncos. Beadles, a Hillcrest High product, discussed a few things with Deseret News sportswriter Andrew Aragon shortly after becoming a Denver Bronco.

Question: *What was your reaction when Broncos coach Josh McDaniels called you, saying you were his pick?*

Beadles: I kind of started shaking a little bit, I think. I was at a loss for words. I was excited. I'm excited to get to work and play some football. It's been a stressful time, with things not related to playing football — just the whole draft process, (running) 40s, interviews, tests. The draft process was just different from playing football.

Question: *What's the first thing you're going to buy when you sign your first pro contract?*

Beadles: I've been thinking about this a little bit. I think I'm going to get a King Posturepedic mattress. Sleep is very important. I haven't even seen what they cost, but I think that's what I'm going to get.

Question: *Any thoughts on being Tim Tebow's teammate? (Tebow, the former Florida QB, was picked by the Broncos in the first round)*

Beadles: I don't know him very well. I met him at the Senior Bowl, and he was on the other team. Hopefully, I'll get a chance to get to know him. We're in the same draft class, on the same team. We're going to be going through some of the same things, being on the same team and in the same draft class. When you go through things together like that, as teammates and as a football team, you become friends through that.

Question: *Who have been the biggest influences on your football career?*

Beadles: My parents — both of them (Brad Beadles and Jamie Legerski). My high school coach (the late Bruce Takeno) was a huge influence. He always taught me to be a rabid dog on the field, but to always be a gentlemen off the field. He always said to try my hardest to be someone to be proud of off the field. And then obviously, (Utes) coach (Kyle) Whittingham and my position coaches at Utah (Charlie Dickey and Blake Miller).

Question: *What type of influence has your family had on your life and football career?*

Beadles: It's been huge. I tell you what, the Denver Broncos just got a ton of new fans. I had at least eight people (family members) at every one of my games (as a Ute) — home and away. I can't say enough about the time and money my family has put into supporting me. I just want to pay them back, not necessarily monetarily, but with being a good football player and being a good son.

A mom's dream come true

BY BOB HAMMOND / LARAMIE BOOMERANG • TUESDAY, APRIL 27, 2010

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Heavy workload easy job

Offensive lineman Zane Beadles

By Lindsay H. Jones
The Denver Post
December 12, 2010

When Broncos coaches asked rookie Zane Beadles to learn not just one but two or three offensive line positions this summer during Beadles' first NFL training camp, Beadles could look at those massive playbooks and think, "Heck, this is nothing."

At least, it might seem like nothing compared to the mechanical engineering classes Beadles took at the University of Utah and the advanced-placement calculus classes he took in high school. Beadles, a native of Casper who grew up in Salt Lake City, graduated from Utah with a 3.57 GPA and was a second-round draft pick.

Beadles has at last settled in as the starter at left guard for the Broncos, after also playing right tackle (in the regular season) and left tackle (in the preseason) for the team. He routinely hosts quite a crew of family members who travel to Denver from Salt Lake City, where his dad, Brad, lives with Zane's stepmom and two younger siblings; and from Laramie, where his mom, Jamie, lives with stepdad Joe Legerski — the head women's basketball coach at Wyoming — and two other siblings.

Q: You have quite a large family. What kind of big brother are you?

A: I'd like to think of myself as a great brother. It's important to me to be a good role model for them. I love them to death. They're a huge influence for me in what I try to do in my life. I try to give them somebody to look up to, someone who can be their friend, another adult figure in their life.

Q: What's this NFL experience been like so far for all of them?

A: Awesome. I had a bunch of family for a draft party, everyone was yelling and crying when the call came in. They've been to tons of game, tons of support. My little brother in Wyoming loves it because all his friends are Broncos fans, so they all think it's cool that I play for the Broncos.

Q: It couldn't have been easy balancing engineering classes with football in college.

A: It was definitely a challenge, especially my junior and senior years, when I was getting into the core classes. There were a lot of late nights and not a ton of sleep, but I wouldn't trade it for anything. I have a great degree to fall back on.

Q: What were your favorite classes?

A: There were a couple. One was mechatronics. It was a year-long class where we had to build a robot. The other was my senior year, I took a class in sustainable energy. That really sparked some interest in me. I got into engineering because I wanted to design defense weapons, but I could also see myself going into sustainable energy.

Q: OK, you have to tell me more about this robot.

A: Every mechanical engineering major has to take it. They design a competition, and that's what you design your robot off of. My year, it was based off of "Indiana Jones and the Kingdom of the Crystal Skull" movie. . . . The robot had to navigate a course and detect either the magnet or LED lights, pick it up and take it back.

Q: Did your robot win the competition?

A: We did not win, but we placed in the top eight out of like 35 teams, so we were pretty proud of that.

Q: Has your academic background translated at all to football, or vice versa?

A: To be an engineer you have to have an analytical mind, and the way I see things, that definitely helps me on the field. Helps me understand the whole big picture of football. I like to know what everyone around me is doing, helps make me a better player.

Q: What has it been like finally being in the same position for an extended time?

A: It's definitely nice to be in a spot. I feel like I'm getting more and more comfortable every week. But at the same time I try to be as versatile as I can. I take pride in that.

About Zane Beadles

Position: Left guard

Height: 6-feet-4

Weight: 305 pounds

Year: Rookie

Hometown: Salt Lake City

College: Utah