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# Arian Isa Foster: Hall of Fame Nominee Biography

Arian Isa Foster, born August 24, 1986, is an American former football player who achieved extraordinary recognition for his athletic prowess, primarily as a running back in the National Football League (NFL). While Foster's professional career flourished outside of New Mexico, his foundational athletic development at Valley High School in Albuquerque laid the groundwork for his future success, bringing honor to the state through his remarkable achievements on a national stage.

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## Sports Involved

Arian Foster excelled in **football** and **track & field** during his high school years. He continued to focus on **football** throughout his collegiate and professional career.

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## Outstanding Achievements and Accomplishments in Athletics/Sports

Foster's career is marked by numerous outstanding achievements that merit extraordinary recognition:

### High School Accomplishments

- **2004:** While attending Mission Bay Senior High School in San Diego, Foster led San Diego County in all-purpose yards with 2,500, including 2,093 rushing yards and 24 touchdowns, plus six kickoff return scores.
- **2004:** Ran for an impressive 321 yards in a single game against Clairemont High School.
- **2004:** Named San Diego Union Tribune All-San Diego Western League Player of the Year.
- **2004:** Received All-West Region appointment by PrepStar and earned All-California Interscholastic Federation honors.

### College Accomplishments (Tennessee Volunteers)

- **2005:** As a redshirt freshman, he led the team in rushing with 879 yards and five touchdowns.
- **2005:** Recorded 40 carries for 268 all-purpose yards and two touchdowns against Vanderbilt, the third-highest all-purpose yardage total in school history.
- **2007:** Surpassed the 1,000-yard mark, finishing the season with 1,193 rushing yards, 12 rushing touchdowns, 39 receptions, and 340 receiving yards with two receiving touchdowns. He finished third in the SEC in rushing yards.

- **Career:** Finished his collegiate career as the **University of Tennessee's second all-time leading rusher with 2,964 yards.**
- **Career:** Among all players in Tennessee history to reach 1,000 rushing yards, Foster finished **second in receiving yards in school history with 742**, showcasing his versatility.

### **Professional Accomplishments (Houston Texans & Miami Dolphins)**

- **2009:** Signed by the Houston Texans as an undrafted free agent, demonstrating an extraordinary rise to the professional ranks.
- **2010:** Achieved the NFL rushing title with **1,616 rushing yards**, and led the league with **16 rushing touchdowns**. This season was highlighted by a 231-yard, three-touchdown performance in the season opener against the Indianapolis Colts, setting a Texans franchise record for single-game rushing yards and the second-highest NFL opening day rushing total in history.
- **2010:** Broke Priest Holmes' record for most yards from scrimmage ever by an undrafted player, finishing with 1,616 rushing yards and 604 receiving yards.
- **2010:** Earned his first of four Pro Bowl selections and was named First-team All-Pro.
- **2011:** Despite battling injuries, he rushed for 1,224 yards and ten touchdowns, along with 617 receiving yards and two receiving touchdowns.
- **2011:** Recorded **153 rushing yards and two rushing touchdowns** in his playoff debut against the Cincinnati Bengals, contributing significantly to the Texans' first-ever playoff victory.
- **2011-2012:** Became the first player in NFL history to have 100+ rushing yards in his first three postseason games, accumulating 425 rushing yards.
- **2012:** Led the league with **15 rushing touchdowns** and finished with 1,424 rushing yards, earning another Pro Bowl selection.
- **2012:** Became the third-fastest player to reach 5,000 yards from scrimmage in his 40th career game, trailing only Edgerrin James and Eric Dickerson.
- **2014:** Made a remarkable comeback after back surgery, rushing for 1,246 yards and eight touchdowns, along with 327 receiving yards and five receiving touchdowns, earning his fourth Pro Bowl nomination.
- **Career:** Holds **Houston Texans franchise records for most career rushing yards (6,472) and most career rushing touchdowns (54).**
- **Career:** Holds **Houston Texans franchise records for most rushing yards in a single season (1,616 in 2010) and most rushing touchdowns in a single season (16 in 2010).**

Arian Foster's journey from an undrafted free agent to an NFL rushing champion and Pro Bowl perennial is a testament to his exceptional talent, resilience, and dedication. His record-breaking performances and consistent excellence at the highest level of professional football have undoubtedly brought immense honor to the State of New Mexico, where his athletic foundation began.