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BEN GARLAND

6-5 | 304 | AIR FORCE

4.6.88 | GRAND JUNCTION, CO | 6TH YEAR | ACQUIRED FA IN '19

AWARDS & HONORS

- 2017:** Atlanta Falcons Walter Payton NFL Man of the Year Nominee
- 2018:** NFL Salute to Service Award
- 2019:** Perry/Yonamine Unity Award, 49ers Community Relations Veteran Player Award



2019 HIGHLIGHTS

- Played in 9 games and started the final 3 regular season games at C. Alsp started all 3 postseason games at C.
- Part of an offensive line that helped the 49ers rush for 259 yds. at Cin. (9/22), the most by the team since 12/20/14 vs. SD (355 rushing yds.). It also marked the most rushing yds. by the team on the road since 11/29/10 at Arz. (261 rushing yds.). Additionally, the offensive line did not allow a sack on 25 pass attempts by QB Jimmy Garoppolo and 1 attempt by WR Dante Pettis.
- Helped the 49ers rush for 232 yds. and 5 TDs on 38 carries (6.1 avg.) vs. Car. (10/27). The 5 rushing TDs were the most by the 49ers in a single-game since 10/18/92 vs. Atl. (5 rushing TDs).
- Helped the 49ers offense rush for 186 yds. and 2 TDs on 47 carries vs. Min. (1/11/20 - NFC-D). The 47 rushing atts. are the most in a postseason game in franchise history and the 186 rushing yds. are the 5th-most in a postseason game in franchise history.
- Part of an offensive line that helped the 49ers rush for 285 yds. and 4 TDs on 42 atts. (6.8 avg.) vs. GB (1/19/20 - NFC-C). The team's 285 total rushing yds. were the 2nd-most in postseason franchise history, and the 6th-most by any team in the postseason since 1970. The 285 rushing yds. by the 49ers offense are the most in a Conference Championship Game since 1970.

GOLDMINE

- In 2018, Garland was recognized as the winner of the NFL's Salute to Service Award, honoring his efforts of support to former and present members of the military. As the recipient of the award, Garland received \$25,000 from the NFL to be donated to his military charity of choice, with USAA donating an additional \$25,000 to be spread across the five military branches. Following his college career at Air Force, Garland signed with the Denver Broncos. Shortly after, he was placed on the reserve/military list and served two years of active duty. Now as a veteran in the NFL, Garland has traveled on two USO tours, to Italy and Germany followed by Iraq and Kuwait. Additionally, he frequently donates tickets to military members, raises awareness about PTSD, and visits with young members of the military to inspire and encourage them. Garland spends his offseasons as a member of the Colorado Air National Guard, where he works in public affairs.



GARLAND'S GOLDEN NUGGETS

- Named the Perry/Yonamine Unity Award recipient in 2019. The award is presented to the 49ers player who exhibits an exceptional commitment to promoting unity within the team and in their community. The Perry/Yonamine Unity Award is named for the former 49ers players and pioneers of unity and diversity, Joe "The Jet" Perry and Wally Yonamine, and is voted on by the players.
- Was an element leader of Cadet Squadron 27 at the Air Force Academy. The element leader assists in assuring that members of the element comply with orders and instructions.
- Garland is one of four siblings, and his sister, Jessica, graduated from UNC with her PhD in exercise and sports science.

GOLDMINE (CONTINUED)

- As the NFL's Salute to Service Award recipient in 2018, Garland will serve alongside a panel of former players and military personnel to vote on this year's winner from the list of nominees chosen by each NFL club.
- The 49ers hosted the third annual Crucial Catch Fashion Show presented by Dignity Health on October 2nd, 2019, featuring cancer warriors representing all cancers as they modeled apparel donated by Levi's. Garland and his teammates were paired with each of the warriors to share their stories of strength and courage with the audience and walk the runway.



- NFL players had the opportunity to participate in the NFL's annual My Cause, My Cleats campaign during Week 14 of the 2019 season. Garland and his teammates represented their respective causes with custom-designed cleats in an effort to raise awareness and funding. Garland represented the charity Waterboys, and said, "I play for the millions of people around the world without access to clean water."





GOLDMINE (CONTINUED)

- The 49ers and their families hosted 450 underserved boys and girls from the Bay Area for the first-ever 49ers Hope for the Holidays event. Each child had a once-in-a-lifetime experience traveling through Levi's Stadium and left with a brand new bike, helmet, lock, haircut, shoes, toys, glasses, backpack, dinner and more.
- During the 2019 offseason, members of the 49ers took part in the Second Annual Picnic on the Field, located on the Levi's Stadium field. Garland and his teammates spent the day taking pictures with fans, who enjoyed music, food and games in support of the 49ers Foundation. The foundation, in conjunction with NFL Huddle for 100, partnered with Amazon to fill 1,000 backpacks full of school supplies. Fans and players joined together to assemble the packs, which were distributed throughout the community to children in need.
- The 49ers partnered with USAA and took a visit to the U.S. Coast Guard Base in Alameda. Garland and his teammates were given a tour of the base, had the opportunity to get to know the stationed Coast Guard personnel and were shown a search and rescue demonstration.



- Prior to the 2012 season, Garland was in his second week of training camp with the Denver Broncos, focused on impressing his coaches and teammates. In the midst of camp, he received tragic news: his grandparents' home, which was located near Denver, was destroyed in the Waldo Canyon Fire. When he went to survey the damage, he found that two of his prized possessions, his Air Force football helmet and his Academy sabers, presented to him at graduation, could not be salvaged. Upon hearing this news, his Broncos teammates decided to reach out to the Air Force Academy to replace the two items. "Some of those things are hard to get," Joe Mays, the linebacker who made the arrangements, said. "The fact that we were able to get them is awesome, and even better was that we were able to give them to him."
- NFL players had the opportunity to participate in the NFL's annual My Cause, My Cleats campaign during a designated home game between Weeks 13-15. Garland and his teammates represented their respective causes with custom-designed cleats in an effort to raise awareness and funding.
- Prior to Week 2's matchup in Cincinnati during the 2019 season, the 49ers spent time in Youngstown, Ohio, where they participated in the Community Blitz. Garland and some of his teammates visited the Akron Children's hospital as players went from room to room to visit and meet some of the young patients.



GARLAND'S CAREER STATISTICS

GAMES/STARTS – 63/10: 2014 (8/0); 2016 (16/0); 2017 (16/3); 2018 (14/4); 2019 (9/3)

POSTSEASON GAMES/STARTS – 9/5: 2014 (1/0); 2016 (3/0); 2017 (2/2); 2019 (3/3)

Additional Statistics:

Fumble Recoveries – 1: 2017 (1)

Tackles: Regular Season – 4: 2016 (3); 2018 (1) **Postseason – 1:** 2016 (1)

Fumbles–Lost 1–0: 2019 (1–0)

Milestones:

NFL Debut: at Oak. (11/9/14); **First Start:** vs. NO (12/7/17); **First FR:** vs. Buf. (10/1/17 – LB Lorenzo Alexander)

GARLAND'S TRANSACTIONS

Originally signed as an undrafted free agent by Den. on 4/30/10...Placed on the Reserve/Military List on 9/4/10...Activated from the Reserve/Military List on 4/10/12...Waived by Den. on 8/31/12...Signed to Den. practice squad on 9/2/12...Signed to Reserve/Future contract with Den. on 1/15/13...Waived by Den. on 8/31/13...Signed to Den. practice squad on 9/2/13...Re-signed with Den. on a one-year deal on 2/4/14...Re-signed with Den. on a one-year deal on 4/10/15...Waived by Den. on 9/5/15...Signed to Atl. practice squad on 9/9/15...Promoted to Atl. active roster on 12/15/15...Re-signed with Atl. on a one-year deal on 3/30/17...Re-signed with Atl. on a one-year deal on 3/17/18...Signed a one-year deal with SF on 4/24/19.



2018 (ATLANTA)

- Appeared in 14 games (4 starts) along the OL.
- Named the winner of the NFL's Salute to Service Award.

2017 (ATLANTA)

- Saw action in all 16 games for Atl., making the first 3 starts of his career. Also started in each of the team's 2 postseason contests. Transitioned from DL to OL.
- Made his first career start vs. NO (12/7) at LG.
- Earned his first career postseason start at LG at LAR (1/6/18 - NFC-WC).

2016 (ATLANTA)

- Appeared in all 16 games for the first time in his career along the DL and special teams. Also saw action in 3 postseason contests.
- Picked up his first career tackle vs. Arz. (11/27).
- Brought down Seahawks QB Russell Wilson for a 4-yd. loss in the end zone, resulting in a safety vs. Sea. (1/14/17 - NFC-D).

2015 (ATLANTA)

- Signed to Atl. practice squad on 9/9, where he spent the first 14 weeks of the season.
- Promoted to the team's active roster on 12/15 and was inactive in each of the final 3 games of the season.

2014 (DENVER)

- Was inactive the first 8 games with Den., later appeared in each of the final 8 games of the season and 1 postseason contest.
- Made his NFL debut at Oak. (11/9).
- Also saw action in his first postseason contest vs. Ind. (1/11/15 - AFC-WC).

2013 (DENVER)

- Spent the entire season on the team's practice squad.

2012 (DENVER)

- Activated from the Reserve/Military List on 4/10.
- Spent the entire season on the team's practice squad.

2011 (DENVER)

- Continued to serve his 2-year military commitment.

2010 (DENVER)

- Signed with Den. as an undrafted rookie free agent on 4/30. After spending training camp with the team, was placed on the Reserve/Military List on 9/4 to serve his 2-year military commitment.

COLLEGE

Appeared in 39 games (34 starts) at the United States Air Force Academy at DL, where he totaled 115 tackles (52 solo), 11.5 sacks (66 yds.), 3 FFs and 2 blocked kicks on special teams. Started all 13 games as a senior and registered 45 tackles and 4.5 sacks and earned Second-Team All-Mountain West Conference honors from Mountain West coaches. Started all 13 games in 2008 and finished fourth on the team with 7.5 TFLs (28 yds.) while adding 39 tackles and 4.0 sacks. Saw action in all 13 games (8 starts) as a sophomore and finished with 31 tackles. Played 4 games as a true freshman for the Falcons in 2006.

PERSONAL

- Attended Central (Grand Junction, CO) HS, where he earned first-team all-state honors as a senior in 2005.
- Majored in systems engineering management at Air Force.
- Born Ben Garland (4/6/88) in Grand Junction, CO.

INJURY REPORT

2014: Missed 3 games [vs. Ind. (9/7), vs. KC (9/14) and at Sea. (9/21)] with an ankle injury.

2018: Inactive 2 games [at Phi. (9/6) and vs. Car. (9/16)] with a calf injury.