



## NFC NEWS 'N' NOTES

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CONTACT: MICHAEL SIGNORA (212/450-2076)

# FIRST-PLACE SEAHAWKS, COWBOYS SQUARE OFF IN SEATTLE

It's one of the highlights of the Week 7 NFL slate, a showdown in Seattle between a pair of 4-2 first-place teams – the NFC West-leading Seahawks and the visitors from the NFC East, the Dallas Cowboys.

The two teams staged a classic in 2004, as the Cowboys overcame a 10-point deficit in the final two minutes to earn a thrilling 43-39 win on Monday night, December 6. If they are to emerge victorious again, they will have to contend with the formidable presence of the NFL's leading rusher, Seattle's **SHAUN ALEXANDER**.

Alexander has run for an NFL-best 715 yards and 12 touchdowns, helping Seattle average 407.2 yards per game, tops in the league. With 6,652 career rushing yards, he needs 55 to pass **CHRIS WARREN** (6,706) for the most in Seahawks history.

The former Alabama star can also add to his touchdown-scoring legacy. With three TDs on Sunday, Alexander will become the first player in NFL history with 15 touchdowns in five consecutive seasons. No other player has even accomplished the feat in four seasons.

Alexander has already scored four touchdowns in a game twice this season, including in last Sunday's 42-10 win over Houston. Cowboys head coach **BILL PARCELLS** is keenly aware of the challenges ahead.

"We are facing the top offense in the league," says Parcells, whose defense ranks seventh in the NFL overall (293.2) and eighth against the run (95.0). "They are running for 166 yards a game, and have a balance that we haven't seen yet. They have a very good offensive line, a very good runner and a good, experienced quarterback. They are going to give us a lot of trouble and this is, balance-wise, the best offense we've played."

A look at the players with the most four-touchdown games in a season:

Player	Team	Year	Four-Touchdown Games
Marshall Faulk	St. Louis	2000	3
<b>Shaun Alexander</b>	<b>Seattle</b>	<b>2005</b>	<b>2</b>
Jim Taylor	Green Bay	1962	2
Gale Sayers	Chicago	1965	2

**THEY DO BEST, AFTER A REST:** The Green Bay Packers and Philadelphia Eagles return to action following a bye this week and hope to continue a recent run of success after a rest.

Since 1990, the Eagles, who host San Diego on Sunday, have a 12-4 (.750) record in games immediately following a bye week, tying for second-best in the NFL. Philadelphia's current post-bye winning streak is six games, the longest in the league.

Green Bay meanwhile travels to Minnesota for an NFC North matchup against the Vikings. The Packers have won four consecutive post-bye matchups and eight of their past nine such games.

A look at the top five post-bye teams and the longest current winning streaks following a bye since 1990:

Team	Record In Game Following Bye	Team	Consecutive Wins in Game Following Bye
Minnesota	13-4 (.765)	Philadelphia	6
Denver	12-4 (.750)	Baltimore	4
Philadelphia	12-4 (.750)	Green Bay	4
Dallas	11-5 (.688)	Arizona	3
Kansas City	11-6 (.647)	NY Jets	3