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New Mexico running back Crusoe Gongbay on Redskins, Vikings' radar

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New Mexico running back Crusoe Gongbay is on the Washington Redskins and Minnesota Vikings' radar.

Gongbay worked out for the Redskins as the lone running back invited to their local prospect day. The former Rockville High standout rushed for 354 yards and three touchdowns last season.

"I had a good experience at the Redskins' workout," Gongbay said in a telephone interview. "I had a lot of one-on-one time with the running backs coach. A lot of the drills were new to me, but it went well. I think I made a pretty good impression. I introduced myself to every coach."

The 5-foot-11, 210-pound runner ran the 40-yard dash in 4.6 seconds at his campus Pro Day workout, a time slowed by a quadriceps injury. He had a 36 1/2 inch vertical leap, a 10-6 broad jump and bench pressed 225 pounds 16 times.

"I'm a pro-style running back," Gongbay said. "I like going between the tackles. I work hard and get up the field."

Gongbay rushed for 592 yards and six touchdowns as a junior. He rushed for 159 yards as a sophomore.

As a freshman, Gongbay gained 500 yards and scored five touchdowns as he averaged 4.6 yards per carry.

"I love being part of a team," Gongbay said. "I love watching the film, everything about the game."

In high school, Gongbay rushed for over 5,000 yards. He led the Washington, D.C. area as a senior with 2,142 rushing yards and played in two all-star games.

"As a running back, you have to be ready to run between the tackles, make one cut and get vertical," Gongbay said. "I try to get north and south."

Gongbay said he patterns his game after Washington Redskins running back Alfred Morris and Buffalo Bills running back LeSean McCoy.

"I'm going to be a leader," Gongbay said. "I like to make practice exciting. I care a lot about everything that I do."

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Aaron Wilson covers the Ravens for The Baltimore Sun

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