

Broncos Release Tanyi

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National Football League teams will must trim their rosters to 75 players by Tuesday. And the Denver

Broncos made a move in that direction on Sunday by releasing 11 players. Among those released was former Appalachian State University player Lanston Tanyi.

Tanyi only played 26 games for the Mountaineers during his four-year stay at ASU. He was one of only two true freshman starters, appearing in nine games for the Mountaineers on the defensive line in 2008. He finished the season tied for the team lead with six sacks. He also finished the year with 52 tackles, including seven behind the line of scrimmage and the Southern Conferences best sacks total.

Tanyi continued his torrid pace as a sophomore. He appeared in 13 games for the Mountaineers and logged nine starts at defensive end. He was named second-team all-Southern Conference honors, and led ASU and was tied for 25th nationally with 7.5 quarterback sacks. Tanyi finished the season with 75 tackles, a mark that was third best on the team. He also had 11 tackles for loss, but he suffered a season-ending left knee injury during a non-contact punt drill just days before the national semifinals match up at Montana.

The injury woes continued the following season as he sustained a severe injury to his left foot during fall camp and underwent season-ending surgery. Tanyi received a medical redshirt that year. And he only played in four games for the Mountaineers in his final season at the school. Tanyi recorded 20 tackles and two tackles for loss.

Tanyi transferred to Colorado State with one year of eligibility remaining after earning his bachelor's degree from ASU in electronic media/broadcasting. He enrolled in graduate school at CSU and was eligible to play immediately. He played in all 12 games for the Rams in his only season at CSU, and started 10. Finished the season with 77 tackles, the third-most on the team, and three sacks.

Tanyi Was named the football program's Most Valuable Player by his teammates. He earned second-team All-Mountain West honors voted by the conference. Phil Steele named him third-team all-conference.

Tanyi played at Shelby High School was a two-time all-state defensive lineman and a Shrine Bowl participant. He amassed 237 tackles and 25 sacks over final two prep seasons, including 123 stops, 10 sacks, five blocked kicks, three fumble recoveries and an interception as a senior.

Photo Courtesy: Lanston Tanyi, ASU Athletics

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