

Ex-Metro preps riding NFL rollercoaster

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They're in, they're out. They're in, they're out.

Three former Metro area stars have experienced quite a rollercoaster recently while they try to earn National Football League roster spots.

Marion's Allen Reisner originally made the 53-man roster of the Minnesota Vikings, then was waived a day later to make way for a linebacker. Reisner, a tight end, was signed to the Vikings' practice squad but didn't last there long. He was activated to the opening day roster last Saturday for the opener against San Diego. To make room for Reisner, the Vikings cut his former Iowa teammate, lineman Seth Olsen.

Rob Bruggeman, who went from walk-on to all-Big Ten as a center at Iowa, made the Atlanta Falcons' opening day squad. But the Cedar Rapids Washington product was waived Monday. Bruggeman could surface again on the Falcons' practice squad.

Another former Washington player, Adrian Arrington, could be the New Orleans Saints' No. 3 receiver going into this week's game against the Chicago Bears. Starting wideout Marques Colston injured his collarbone in the opener and will be lost for at least a month. Lance Moore has a groin injury and may not be able to play against the Bears. Arrington saw action in one game last season, catching seven passes against Tampa Bay.