



RB | 4

JAMES COOK

AGE: 25 (September 25, 1999) | HT: 5-11 | WT: 190

COLLEGE: Georgia

NFL EXP: 3 Years

HOMETOWN: Miami, FL

ACQUIRED: Draft (2022, R2)

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FIRST-AND-10

JAMES COOK was selected by the Bills in the second round (63rd overall) in 2022 after playing four seasons at Georgia. In his second year in Buffalo, Cook (1,122) became the first 1,000+ yard rusher for the Bills since 2017.

SHOUTOUTS

- Rushed for 80 yards and a TD at IND (11/10/24) for his eighth on the year. His 9 total TDs in 2024 are the third most in the NFL.
- Recorded his first career game with 100+ rush yards and 2 TDs at SEA (10/27/24). The last Bill to do that in a game was Devin Singletary in 2021 vs. ATL. Cook is up to 7 rushing TDs this season after entering 2024 with 4 career rushing TDs.
- Recorded his 6th total TD (5 rush, 1 rec) this season vs TEN (10/20/24), tying the career-high he set last year (2 rush, 4 rec.).
- He is the first Bills player with 300+ rush yards and 100+ receiving yards through the team's first 5 games of a season since Fred Jackson in 2013.
- Set a new single season career-high for rushing TDs after collecting his third of the season vs JAX (9/23/24). He also had 87 scrimmage yards on the day (39 rushing, 48 receiving).
- Rushed for 78 yards and two touchdowns at MIA (9/12/24) and added one reception for a touchdown. Becoming the first Bills player to have 2+ Rushing TDs and at least one receiving TD in a game since Thurman Thomas in 1992.
- Had 1,122 rushing and 445 receiving yards. He and Christian McCaffrey (SF) were the only players in the NFL with 1,100+ rushing and 400+ receiving yards in 2023.

PERSONAL

Is the younger brother of Cowboys running back Dalvin Cook. Majored in Housing Management & Policy during his time at the University of Georgia. The son of Varondria Burnett and the late James Cook.

IF YOU HAVEN'T HERD

FOLLOWING BIG BROTHER

James Cook did not have to look for to see what it would take to not only make the NFL, but to be successful at that level given that he is the younger brother of Dalvin Cook.

The elder Cook is a three-time Pro Bowler and has shown James how to make it, but also showed him that he can do it by taking his own path.

"That is a motivational factor just knowing that you've got an older brother in the NFL," Cook said to Dawgs247. "And that's someplace you want to be someday. So that just kind of make me wanted to work extra hard knowing that I had an older brother in the league and is a baller. That played a factor, too."

One of his first decisions to carve his own path was when he decided not to follow his older brother's path and to decommit from Florida State and attend the University of Georgia.

While there he was able to make his own name and earn something that Dalvin was never able to, which was to win a National Championship.

BUFFALO TRACKS

NFL RUSHING LEADERS 2023

PLAYER	YARDS
1. Christian McCaffrey, SF	1,459
2. Derrick Henry, TEN	1,167
3. Kyren Williams, LAR	1,144
4. James Cook, BUF	1,122
5. D'Andre Swift, PHI	1,049

AFC SCRIMMAGE YARD LEADERS 2023

PLAYER	YARDS
1. Tyreek Hill, MIA	1,814
2. Breece Hall, NYJ	1,585
3. James Cook, BUF	1,567
4. Travis Etienne, JAX	1,484
5. Joe Mixon, CIN	1,410