



RB | 4

# JAMES COOK

BORN: September 25, 1999 | HT: 5-11 | WT: 190 | 4th year

COLLEGE: Georgia

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. Became the first Bill with 1,000+ rushing yards in consecutive seasons was LeSean McCoy from 2016-17.

## SHOUTOUTS

- Tied for the league lead in rushing TDs with 16 in 2024, tying O.J. Simpson (1975) for the most in a single season in team history. His improvement of +14 in rushing TDs (2 in 2023 to 16 in 2024) is tied for the third-largest improvement all-time.
- Surpassed 1,000 yards rushing in 2024, marking his second consecutive year with 1,000+ rushing yards. The last Bill with 1,000+ rushing yards in consecutive seasons was LeSean McCoy from 2016-17.
- Cook was one of two players (Saquon Barkley, PHI) in the NFL with multiple games recording 1+ rush TD and 1+ rec TD in 2024.
- Cook joined O.J. Simpson (23 in 1975) as the only players in Bills history to score 20+ TDs (18 rushing, 2 receiving) in a season (reg & post).
- Rushed for 85 yards and 2 TDs, he also caught three passes for 49 yards in the AFC Championship game at KC (1/26/25).
- Against DEN (1/12/25) Cook rushed for 120 yards and a TD. He became the second Bill to have at least 120 rushing yards and a rushing TD in a postseason game and the first since 1995 (Thurman Thomas, 4 times).
- 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 NFL 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

### NEVER GIVE UP

During the offseason James Cook had the opportunity to speak at a high school graduation in NYC. When asked about what it meant to him and how it came about, the man of 'many' words said "They reached out, you know, because they don't have a lot of money. Just did it out of the kindness of my heart to give back." Cook spoke to "30 or 40" kids during the graduation and it was in the middle of the school parking lot.

The message he wanted to relay to the kids who may be battling with their own demons, "Just never give up."  
(Adam Zientek, [atozsports.com](https://atozsports.com), 6/27/23)

## THE STAMPEDE

**Favorite food:** Chicken cooked anyway

**Hobbies:** Talk on the phone with his daughter

**Favorite item of clothing:** All of his shoes

**Favorite ice cream:** Vanilla or Strawberry

**Pregame ritual:** Listen to music

**Favorite musical artist:** Lil Durk

**Dream vacation spot:** Aruba



## BUFFALO TRACKS

### NFL RUSHING TOUCHDOWN LEADERS 2024

Player	Touchdowns
1. James Cook, BUF	16
t-1. Derrick Henry, BAL	16
t-1. Jahmyr Gibbs, DET	16
4. Josh Jacobs, GB	15
t-5. Three tied for fifth	14

### AFC SCRIMMAGE YARDS SINCE 2023

Player	Yards
1. Derrick Henry, BAL	3,495
2. Ja'Marr Chase, CIN	2,950
3. Breece Hall, NYJ	2,944
t-4. James Cook, BUF	2,834
5. Tyreek Hill, MIA	2,826