



RB | 4

# JAMES COOK III

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

COLLEGE: Georgia

ACQUIRED: Draft (2022, R2)

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## FIRST-AND-10

**JAMES COOK III** was selected by the Bills in the second round (63rd overall) in 2022. On August 13, 2025 he signed a four-year extension extending his stay in Buffalo until 2029. The 2025 NFL's rushing leader is a three-time Pro Bowler and is the first Bill to lead the NFL in rushing since O.J. Simpson in 1976.

## SHOUTOUTS

- Finished the 2025 season as the NFL's leading rusher with 1,621 rushing yards. His 1,621 rushing yards ranks third in team history for the most rushing yards in a single season and marking the most rushing yards by a Bill since 1975 (O.J. Simpson - 1,817).
- Surpassed 1,000 rushing yards for a third consecutive season. Becoming the third Bill in team history to rush for 1,000 yards in three consecutive seasons, joining Thurman Thomas (8 consecutive seasons) and O.J. Simpson (5).
- Set a career-high with 216 rushing yards (at CAR 10/26/25), the most rushing yards by a Bill since November 25, 1976, when O.J. Simpson logged 273 yards. He became the first Bill to surpass 200-yards rushing since 2009.
- Rushed for a TD in eight consecutive regular season games, establishing a new team record. Became the fourth NFL player since 1990 to begin a season with three games with 100+ yards and a rushing TD.
- 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.
- 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 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 III 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 TD LEADERS SINCE 2024

| Player                          | Touchdowns |
|---------------------------------|------------|
| 1. Derrick Henry, BAL           | 32         |
| t-2. Jahmyr Gibbs, DET          | 29         |
| t-2. Jonathan Taylor, IND       | 29         |
| <b>t-4. James Cook III, BUF</b> | <b>28</b>  |
| t-4. Josh Jacobs, GB            | 28         |

### AFC SCRIMMAGE YARDS SINCE 2023

| Player                        | Yards        |
|-------------------------------|--------------|
| 1. Derrick Henry, BAL         | 5,240        |
| <b>2. James Cook III, BUF</b> | <b>4,746</b> |
| 3. Jonathan Taylor, IND       | 4,424        |
| 4. Ja'Marr Chase, CIN         | 4,376        |
| 5. Breece Hall, NYJ           | 4,359        |



## JAMES COOK III

## JAMES COOK III'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

|        |       |    |    | RUSHING |       |      |     |    | RECEIVING |       |      |    |    |
|--------|-------|----|----|---------|-------|------|-----|----|-----------|-------|------|----|----|
| DATE   | TEAM  | GP | GS | NO.     | YDS.  | AVG. | LG  | TD | NO.       | YDS.  | AVG. | LG | TD |
| 2022   | Bills | 16 | 0  | 89      | 507   | 5.7  | 33  | 2  | 21        | 180   | 8.6  | 41 | 1  |
| 2023   | Bills | 17 | 13 | 237     | 1,122 | 4.7  | 42  | 2  | 44        | 445   | 10.1 | 48 | 4  |
| 2024   | Bills | 16 | 16 | 207     | 1,009 | 4.9  | 65† | 16 | 32        | 258   | 8.1  | 28 | 2  |
| 2025   | Bills | 17 | 17 | 309     | 1,621 | 5.2  | 64† | 12 | 33        | 291   | 8.8  | 51 | 2  |
| TOTALS |       | 66 | 46 | 842     | 4,259 | 5.1  | 65† | 32 | 130       | 1,174 | 9.0  | 51 | 9  |

## JAMES COOK III'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

|        |       |    |    | RUSHING |      |      |    |    | RECEIVING |      |      |    |    |
|--------|-------|----|----|---------|------|------|----|----|-----------|------|------|----|----|
| DATE   | TEAM  | GP | GS | NO.     | YDS. | AVG. | LG | TD | NO.       | YDS. | AVG. | LG | TD |
| 2022   | Bills | 2  | 0  | 17      | 52   | 3.1  | 13 | 1  | 0         | 0    | 0.0  | 0  | 0  |
| 2023   | Bills | 2  | 2  | 36      | 140  | 3.9  | 12 | 0  | 8         | 26   | 3.3  | 8  | 0  |
| 2024   | Bills | 3  | 3  | 53      | 272  | 5.1  | 33 | 3  | 6         | 64   | 10.7 | 23 | 0  |
| 2025   | Bills | 2  | 2  | 39      | 163  | 4.2  | 24 | 0  | 4         | 29   | 7.3  | 24 | 0  |
| TOTALS |       | 9  | 7  | 145     | 627  | 4.3  | 33 | 4  | 18        | 119  | 6.6  | 24 | 0  |

## SINGLE-GAME HIGHS: RUSHING/RECEIVING

**Rush Attempts** 32 at Pittsburgh Steelers, Nov 30, 2025  
**Rushing Yards** 216 at Carolina Panthers, Oct 26, 2025  
**Rushing Average** 11.4 at Carolina Panthers, Oct 26, 2025  
**Longest Runs** 65† vs. San Francisco 49ers, Dec 01, 2024  
**Rushing TDs** 2 at Cleveland Browns, Dec 21, 2025  
**Receptions** 6 at Philadelphia Eagles, Nov 26, 2023  
**Receiving Yards** 83 at Kansas City Chiefs, Dec 10, 2023

**Receiving Average** 22.0 vs. Tampa Bay Buccaneers, Nov 16, 2025  
**Longest Receptions** 51 vs. Baltimore Ravens, Sep 07, 2025  
**Receiving TDs** 1 at New England Patriots, Dec 14, 2025  
**All-Purpose Yards** 221 vs. Dallas Cowboys, Dec 17, 2023  
**Most TDs** 3 at New England Patriots, Dec 14, 2025  
**Scrimmage Yards** 221 vs. Dallas Cowboys, Dec 17, 2023