



## LAKEN TOMLINSON

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6-3 \* 315 \* DUKE

2.9.92 \* CHICAGO, IL \* 6TH YEAR \* ACQUIRED TR IN '17-DET.

### AWARDS & HONORS

**2018:** Bobb McKittrick Award

### 2020 HIGHLIGHTS

- Helped the team rush for 122 yds. on 37 carries and did not allow a sack on 33 pass atts. by QB Jimmy Garoppolo vs. LAR (10/18).

### GOLDMINE

- The 49ers hosted the third annual Crucial Catch Fashion Show presented by Dignity Health in October of 2019, featuring cancer warriors representing all cancers as they modeled apparel donated by Levi's. Tomlinson and his teammates were paired with each of the warriors to share their stories of strength and courage with the audience and walk the runway.
- Prior to Week 2's matchup in Cincinnati during the 2019 season, the 49ers spent time in Youngstown, OH, where they participated in the Community Blitz. Tomlinson and some of his teammates visited the Akron Children's hospital as players went from room to room to visit and meet some of the young patients.



- In November of 2019, the 49ers teamed up with Martha's Kitchen of San Jose to serve Thanksgiving dinner to over 300 people in need. Members of the team served food, bussed tables and refilled beverages. The team also provided toiletries and giveaways to all those in attendance.
- Tomlinson and his teammates joined Levi's in support of breast, colon and pediatric cancer warriors at the Crucial Catch Fashion Show presented by Dignity Health in October of 2018. 49ers players and cancer warriors took to the runway to show off their attire and share their stories of strength and courage with the audience.



### TOMLINSON'S GOLDEN NUGGETS

- Moved to America from Jamaica when he was close to 11 years old, where was raised by his single mother in the Rogers Park section of Chicago, IL.
- In 2018, was selected as the Bobb McKittrick Award winner, which is given annually to the 49ers offensive lineman who best represents the courage, intensity and sacrifice displayed by the longtime offensive line coach, during his 21 years of service to the 49ers. The award was established by the 49ers in 1999, and is voted on by the offensive line.
- Was on the track & field team in high school where he participated in both the discus and shot put competitions.
- Named Academic All-ACC all four years of his college career at Duke (2011-14).

### GOLDMINE (CONTINUED)

- The 49ers joined forces with Martha's Kitchen of San Jose as part of their Community Tuesday kickoff event in September of 2018. Tomlinson and teammates took part in the event by serving dinner to nearly 200 residents in need, refilling beverages and bussing tables. Both the 49ers and Levi's Stadium partner with Martha's Kitchen throughout the year by donating excess food after stadium events. Martha's Kitchen's mission is to "feed the hungry with dignity, no questions asked, no judgements made."



- Growing up in Jamaica, Tomlinson always aspired to serve in the healthcare industry. After his football career, he plans to become a neurosurgeon. Tomlinson has always taken education seriously, commuting 90 minutes each day to and from school to receive a quality education in high school. He went on to graduate from Duke University with a bachelor's degree in evolutionary anthropology and psychology. While currently focused on football, Tomlinson still finds time to shadow doctors to help prepare for a career in the medical field after his retirement from the NFL. Athletes everywhere can look to Tomlinson as proof that balancing academics and athletics can be difficult but achievable. He enjoys being a role model for kids, but plans to take it a step further. "I want to improve the healthcare system in Jamaica. I believe it is the best way to directly help people in need and make a difference," said Tomlinson.

## GOLDMINE (CONTINUED)

- NFL players had the opportunity to participate in the NFL's annual My Cause, My Cleats campaign during Week 14 of the 2019 season. Tomlinson and his teammates represented their respective causes with custom-designed cleats in an effort to raise awareness and funding. Tomlinson represented NAMI, and said, "I play for all those struggling with mental health."



- NFL players had the opportunity to participate in the NFL's annual My Cause, My Cleats campaign during a designated home game between Weeks 13-15 of 2018. Tomlinson and his teammates represented their respective causes with custom-designed cleats in an effort to raise awareness and funding. The National Alliance on Mental Illness is dedicated to building better lives for the millions of Americans affected by mental illness.



- In 2014, Tomlinson won the Orange Bowl-FWAA Courage Award which is presented by a select group of writers from the FWAA to an athlete that displays courage on and off the field, including overcoming an injury or living through hardship. "My mother has been the greatest influence on my life, and none of this recognition would be possible without her sacrifice, love and support," said Tomlinson as he received the award. After growing up in Jamaica and moving to the United States when he was 10, he gives all the credit for who he is today to his mother. "It means the world to me to make her proud. If not for her, I could still be in Jamaica, living a life of poverty. Every time I go home or have an opportunity to talk to my mother, she always tells me before she hangs up, 'Laken, I love you and I'm extremely proud of you and everything that you do for our family. Keep doing what you are doing. The Lord has a plan for you, Laken.'"



## TOMLINSON'S CAREER STATISTICS

**GAMES/STARTS – 88/80:** 2015 (16/14); 2016 (16/10); 2017 (15/15); 2018 (16/16); 2019 (16/16); 2020 (10/10)  
**POSTSEASON GAMES/STARTS – 4/4:** 2016 (1/1); 2019 (3/3)

### Additional Statistics:

**Tackles – 4:** 2015 (1); 2017 (1); 2019 (2)  
**Fumble Recoveries – 2:** 2018 (1); 2020 (1)  
**Special Teams Tackles – 1:** 2019 (1)

### Milestones:

**NFL Debut:** at SD (9/13/15); **First Start:** at SD (9/13/15)

## TOMLINSON'S TRANSACTIONS

Originally a 1st-round (28th overall) draft choice by Det. in 2015...Traded to SF on 8/31/17...Signed a three-year contract extension through 2021 on 6/22/18.

## 2019 (SAN FRANCISCO)

- Started all 16 games at LG. Also started all 3 postseason games at LG.
- Part of an offensive line that helped the 49ers rush for 259 yds. at Cin. (9/22), the most by the team since 12/20/14 vs. SD (355 rushing yds.). It also marked the most rushing yds. by the team on the road since 11/29/10 at Arz. (261 rushing yds.). Additionally, the offensive line did not allow a sack on 25 pass attempts by QB Jimmy Garoppolo and 1 attempt by WR Dante Pettis.
- Helped the 49ers rush for 275 yds. and 2 TDs on 40 carries (6.9 avg.) vs. Cle. (10/7), the most rushing yds. by the team in a single game since 12/20/14 (355 vs. SD).
- Helped the 49ers rush for 232 yds. and 5 TDs on 38 carries (6.1 avg.) vs. Car. (10/27). The 5 rushing TDs were the most by the 49ers in a single-game since 10/18/92 vs. Atl. (5 rushing TDs).
- Helped the 49ers offense rush for 186 yds. and 2 TDs on 47 carries vs. Min. (1/11/20 - NFC-D). The 47 rushing atts. are the most in a postseason game in franchise history and the 186 rushing yds. are the 5th-most in a postseason game in franchise history.
- Part of an offensive line that helped the 49ers rush for 285 yds. and 4 TDs on 42 atts. (6.8 avg.) vs. GB (1/19/20 - NFC-C). The team's 285 total rushing yds. were the 2nd-most in postseason franchise history, and the 6th-most by any team in the postseason since 1970. The 285 rushing yds. by the 49ers offense are the most in a Conference Championship Game since 1970.

## 2018 (SAN FRANCISCO)

- Started all 16 games he appeared in at LG.
- Part of an offensive line that did not allow a sack on 22 passing atts. by QB Nick Mullens vs. Oak. (11/1). It marked the first time the team did not allow a sack since 12/31/17 at LAR (33 atts. - QB Jimmy Garoppolo).
- Tomlinson and the offensive line did not allow a sack on 39 atts. by QB Nick Mullens vs. NYG (11/12). It marked the first time since Weeks 3-4 of the 2000 season that the team did not allow a sack in consecutive weeks [34 atts. by QB Jeff Garcia at StL (9/17/00); 26 atts. by Garcia at Dal. (9/24/00)].

## 2017 (SAN FRANCISCO)

- Started 15 games at LG and helped the 49ers offense register 349.2 yds. per game, the most by the team since 2012 (361.8).
- The 49ers offense rushed for 159 yds. on 19 carries (8.37 avg.) at Sea. (9/17). The team's 8.37 avg. yds. per carry was the 3rd highest avg. against the Seahawks all-time and it also marked the 6th highest single-game avg. by the team in franchise history.
- The 49ers offensive line helped pave the way vs. NYG (11/12) as the team registered a season-high 474 net yds. from scrimmage, including 186 yds. rushing. Also did not allow a sack on 25 atts. by QB C.J. Beathard.
- Part of an offensive line that amassed 461 net yds. of offense (169 rushing, 292 passing) and did not allow a sack at LAR (12/31).

## 2016 (DETROIT)

- Appeared in all 16 games for the 2nd consecutive season, making 10 starts along the offensive line.
- Started at RG vs. LAR (10/16), helping the Lions offense net 348 total yds. and make two 4th down conversions, while also allowing no sacks in the game.
- Was part of an offensive line that helped the Lions total 308 yds. of offense in a 16-13 victory vs. Min. (11/24).
- Started at LG vs. Chi. (12/11) and helped the Lions tally 114 total rushing yds.
- Started at LG for the 3rd consecutive game at Dal. (12/26).
- Started on an offensive line that allowed Detroit Lions QB Matthew Stafford to throw for 347 yds. and Detroit Lions RB Zach Zenner rush for a career-high 69 yds. and 1 TD vs. Green Bay (1/1/17).
- Started at LG in the Wild Card playoff game at Sea. (1/7/17 - NFC - WC).

## 2015 (DETROIT)

- Started in 4 of the team's 16 games in his 1st NFL season.
- Made his 1st career start along the offensive line at SD (9/13).
- Saw action at guard at Min. (9/20).
- Made his 2nd career start at LG at Sea. (10/5) along an offensive line that allowed no sacks.
- Started at LG vs. Chi. (10/18) where he contributed to an offense that produced 4 TDs, a season-high 546 yds. in total offense, including 155 rushing yds.
- Was part of an offensive line that helped produce 109 rushing yds. and 1 TD vs. Oak. (11/21).
- Started at LG vs. Phi. (11/22) as the offense produced 100-or-more yds. rushing for the 2nd straight game.
- Was part of an offensive line that helped the team reach 100-or-more yds. rushing in four-consecutive games at StL (12/13).

## COLLEGE

Started all 52 games in which he appeared in during five years at Duke (2010-14). As a senior in 2014, was a consensus All-America selection and was named First-Team All-ACC by both the league's head coaches and Atlantic Coast Sports Media Association. Started all 13 games as Duke's offensive line led the nation in fewest TFLs allowed per game (3.15) and ranked 1st in the ACC in sacks allowed per passing att. (36.23) and 2nd in sacks allowed per game (1.00). Was named First-Team All-ACC as a junior in 2013. In 2012, played a team-high 1,048 total snaps while starting all 13 games at RG. As a redshirt-freshman in 2011, was named First-Team Freshman All-America by Sporting News after starting all 12 games at RG.

## PERSONAL

- Attended Lane Technical College Prep (Chicago, IL) HS where he earned all-state honors as a senior from both the Illinois High School Football Coaches Association and Chicago Tribune after being named team MVP.
- At Lane, he also competed in track & field in discus and shot put.
- Married to the former Rachel Roberts.
- Graduated from Duke with degrees in both evolutionary anthropology and psychology.
- Born Laken Tomlinson (2/9/92) in Chicago, IL.