



ALEX MACK

50

C

6-4 x 311 x CALIFORNIA-BERKELEY

11.19.85 x SANTA BARBARA, CA x 13TH YEAR x ACQUIRED FA IN '21

AWARDS & HONORS

- 2009:** PFW/PFWA All-Rookie Team
- 2010:** Pro Bowl, PFHOF All-Decade Team of the 2010s
- 2013:** Pro Bowl, Second-Team AP All-Pro
- 2015:** Pro Bowl
- 2016:** Pro Bowl
- 2017:** Pro Bowl
- 2018:** Pro Bowl

GOLDMINE

Mack's passion for giving back to the community has inspired his involvement in multiple charitable initiatives driven by the NFL. In 2011 and 2015, Mack embarked on week-long visits to U.S. troops at military bases in Iraq and throughout the Middle East with the NFL USO program. As both his father and cousin served in the military, he brings a personal touch to every trip and volunteer opportunity he has. "They do a dangerous job so we can enjoy our freedom and way of life. I'm lucky a lot of our soldiers enjoy watching football and I can bring a little slice of home out to them while they are serving," Mack said. His travels have brought him to multiple bases with the opportunity to have an in-depth look at the lives and duties of service men and women. Mack continues this work today. In February of 2020, he joined American Football Without Barriers and conducted a camp alongside other NFL players in Budapest, Hungary. The group conducted two days of free football camp for men, women and children while also participating in a host of community and experiential activities. Along with him on the trip was now-teammate OL Daniel Brunskill. He has also been involved with the charity TAPS, the Tragedy Assistance Program for Survivors, Inc. Throughout his career, teammates look up to Mack for his veteran leadership, work ethic and what he is able to accomplish off the field. "Alex is an amazing resource to have during times of adversity," Atlanta Falcons OL Chris Lindstrom said. "He has been through it all and understands what we need to do to be successful, and he's a great person to emulate."



MACK'S GOLDEN NUGGETS

- Enjoys reading with an interest in diverse genres such as historical fiction, science-fiction and fantasy books.
- Considers himself an avid traveler and has visited countries like Australia, Brazil, England, France, Greece, Indonesia, Italy, Japan, Morocco, Portugal, Spain, Taiwan, Thailand and Turkey.
- Works with children in his free time, visiting schools and reading to kids to promote literacy.
- Advanced to the state wrestling tournament as a CIF heavy-weight champion in high school and compiled a 28-2 record on the mat as a senior, ranked second in the state.
- Father, Steve, played basketball at Baldwin-Wallace College from 1966-69.

GOLDMINE (CONTINUED)

In the 2013 offseason, Mack was selected to participate in the NFL's Second Annual "NFL Pro Hollywood Boot Camp" at Universal Studios, which offered a comprehensive overview of creative disciplines in the film industry including screenwriting, directing, producing and film financing. Mack took part in a mini-film comedy entitled "Et Tu Bruce," a comedic take on the story of Roman emperor, Julius Caesar. The four-day boot camp also provided a mentorship program for players serious about building a career in the film industry. While Mack is devoted to his life on the field, he takes every opportunity to expand his life skills and experiences. "Alex is one of the most unique players I've ever been around," former Browns LB Scott Fujita said. "He's got such great balance in his life. Alex is one of those guys who's very well read, he'll think nothing of just taking off and flying to Thailand in the off-season. But when he shows up to work nobody practices harder or plays harder."



MACK'S CAREER STATISTICS

GAMES/STARTS – 180/180: 2009 (16/16); 2010 (16/16); 2011(16/16); 2012 (16/16); 2013 (16/16); 2014 (5/5); 2015 (16/16); 2016 (16/16); 2017 (16/16); 2018 (16/16); 2019 (16/16); 2020 (14/14); 2021 (1/1)
POSTSEASON GAMES/STARTS – 5/5: 2016 (3/3); 2017 (2/2)

Additional Statistics:

Fumble Recoveries – 4: 2018 (2); 2016 (1); 2013 (1); Postseason – 1: 2016 (1)

Milestones:

NFL Debut: vs. Min. (9/13/09); **First Start:** vs. Min. (9/13/09); **100th Career Start:** at SD (10/4/15)

MACK'S TRANSACTIONS

Originally a 1st-round (21st overall) draft choice by Cle. in 2009...Designated Transition Franchise Tag by Cle. on 3/3/14...Signed offer sheet with Jax. on 4/11/14...Signed a five-year extension through 2018 with Cle. on 4/11/14...Placed on the Injured Reserve List on 10/17/14...Signed a five-year deal with Atl. on 3/9/16...Placed on the Reserve/COVID-19 List on 12/31/20...Signed a three-year deal with SF on 3/18/21.

2020 (ATLANTA)

- Started all 14 games in which he appeared at C and anchored an offense that recorded 4,363 yds., which ranked 5th in the league.
- Helped the offense put up 506 total net yds. vs. Sea. (9/13).
- Part of the offensive line that saw the team's rushing attack run for a season-high 166 rushing yds. vs. Car. (10/11).
- Blocked for an offense that gained 462 net yds. as Falcons QB Matt Ryan completed 30 of 40 passes (75 pct.) for 371 yds. and 4 TDs and a passer rating of 136.6 vs. Min. (10/18).
- Assisted the offense in scoring 43 points vs. LV (11/29), its most in a single game since scoring 43 at TB (11/3/16).

2019 (ATLANTA)

- Started all 16 games as the offense amassed 500 yds. in two contests, achieving the feat in a single season for only the third time in franchise history (2014 & 2016).
- Helped Falcons QB Matt Schaub throw for 460 passing yds., the third-highest single-game mark in his career. He completed 39 of 52 passes, the second-highest single-game completions mark of his career.
- Assisted the offense in recording a season-high 518 total net yds. vs. Jax. (12/22).

2018 (ATLANTA)

- Started all 16 games at C en route to a Pro Bowl selection for the 4th-straight season and 3rd as a member of the Falcons.
- Blocked for an offense that averaged 389.1 yds. and 6.16 yds. per play, both the 6th-best mark in the NFL.
- Allowed the offense to post 9 games with 400-or-more total yds., the most in a single season in franchise history.
- Protected Falcons QB Matt Ryan as he completed 29 of 39 passes for 419 yds. and 3 TDs vs. Cin. (9/30).
- Part of a line that assisted Falcons RB Tevin Coleman in rushing for a single-game career-high 145 yds. on 11 carries and 1 TD vs. Arz. (12/16).

2017 (ATLANTA)

- Named to his 5th Pro Bowl and 3rd-straight after starting all 16 games at C and blocked for an offense that averaged 364.8 yds. and 5.93 yds. per play, the 3rd-best mark in the NFL.
- Part of the offensive line unit that allowed the offense to amass 516 total net yards, including WR Julio Jones' 253 rec. yds. on 12 receptions vs. TB (11/26).
- Helped Falcons RB Devonta Freeman gain over 200 yds. of total offense (126 rushing & 68 rec.) at TB (12/18).
- Assisted the offense in totaling 322 yds. with 124 on the ground in a 26-13 win vs. LAR (1/6/18 - NFC-WC).

2016 (ATLANTA)

- Started all 16 games, earning his 4th Pro Bowl selection and blocking for an offense that set a franchise record with 540 points and averaged 415.8 yds. per game.
- Helped the offense register three games [at Oak. (9/18), vs. Car. (10/2), vs. SF (12/18)] with 500-plus total yds., the most in a single season in franchise history.
- Blocked for an offensive unit that set a franchise record with 571 total yds. vs. Car. (10/2). Also protected Falcons QB Matt Ryan as he became the 19th player in NFL history to throw for 500-plus yds. in a single game.
- Blocked for a rushing offense that recorded 41 carries for 248 yds. vs. SF (12/18).
- Started in all three postseason games en route to Atlanta's Super Bowl LI appearance.

2015 (CLEVELAND)

- Started all 16 games and was selected to his 3rd-career Pro Bowl. Played every offensive snap (4,998 consecutive) through his first 80-career games, and became 1 of only 4 NFL offensive linemen to play every offensive snap for his team since at least 2009.
- Blocked for an offense that produced 3,782 net passing yds., the 5th-most in a single season in team history.
- Assisted Browns TE Gary Barnidge in recording 79 receipts. for 1,043 yds. on the season.
- Protected Browns QB Josh McCown as he completed 36 of 51 passes for 457 yds. and 2 TDs for a passer rating of 111.3 at Bal. (10/11).
- Helped the team's running game gain over 230 yds. rushing at Sea. (12/20) and at KC (12/27).

2014 (CLEVELAND)

- Started in 5 contests before being placed on the Injured Reserve List with a leg injury.
- Prior to being placed on the Injured Reserve List, did not allow a sack and contributed to an offensive unit that averaged 26.8 points per game, 383.2 total yds. per game, 146.4 rushing yds. per game and 4.4 yds. per carry.

2013 (CLEVELAND)

- Earned his 2nd-career Pro Bowl selection and was named Second-Team AP All-Pro after starting all 16 games at C and playing all 1,106 offensive snaps.
- Did not allow a sack vs. Cin. (9/29) and vs. Pit. (11/24).
- Helped the offense amass 494 total net yds., including Browns WR Jordan Cameron and WR Josh Gordon registering 100-or-more rec. yds. at NE (12/8).

2012 (CLEVELAND)

- Started all 16 games at C, earning first-alternate honors to the AFC Pro Bowl squad.
- Part of an offensive line that allowed Browns RB Trent Richardson to set Browns rookie records in rushing yds. (950), rushing TDs (11) and total scrimmage yds. (1,317).
- Helped the Browns run game rush for over 100 yds. in 6-consecutive games in Weeks 8-14.
- Helped the offense gain 475 total net yds. and protected Browns QB Brandon Weeden as he amassed 364 passing yds. at Oak. (12/2).

2011 (CLEVELAND)

- Started all 16 games at center without missing an offensive snap despite undergoing an appendectomy in Oct.
- Did not allow a sack in two contests [vs. Ten. (10/2), vs. Stl. (11/13).]
- Allowed the offense to gain 416 total net yds. vs. Ten. (10/2).

2010 (CLEVELAND)

- Named to his first Pro Bowl after starting all 16 games and allowing only 1.5 sacks during that time.
- Anchored an offensive line that helped Browns RB Peyton Hillis rush for 1,177 yds. and 11 TDs.
- Blocked for a running game that gained 230 total yds. behind Hillis' 29 carries for a career-high 184 yds. and 2 TDs vs. NE (11/7).

2009 (CLEVELAND)

- Started all 16 games at C and helped his team record 4-consecutive games with 160-plus rushing yds.
- Named to the PFW/PFWA All-Rookie team.
- Was 1 of 4 rookie offensive linemen to start all 16 games in 2009.
- Contributed to the offensive line that helped the offense rush for 351 net yds., the most in a single game in franchise history vs. KC (12/20). Browns RB Jerome Harrison accounted for 286 rushing yds., also the most for any player in club history.
- Blocked for Harrison, who became the 2nd Browns RB to rush for 125-or-more yds. in 3-consecutive contests in a single season, joining RB Jim Brown (1958).

COLLEGE

Appeared in 46 games (39 starts) in 5 years at California (2004-08). Started all 13 games as a senior and was named a finalist for the Rimington Trophy, given to the top C in college football. Started all 13 games as a redshirt-junior in 2007, earning First-Team All-Pac-10 honors and was selected as a finalist for the Rimington Trophy. Anchored an offensive line that allowed just 11 sacks on the season, the best mark in the Pac-10 and 3rd in the nation. Garnered first-team All-Pac-10 honors after starting all 13 games at C as a redshirt-sophomore in 2006. Appeared in seven games as a redshirt-freshman in 2005. Redshirted in 2004.

PERSONAL

- Attended San Marcos (Santa Barbara, CA) HS where he played offensive and defensive line and helped the team rush for 2,031 yds. as a senior in 2003.
- Also lettered in wrestling for four years and advanced to the state championship as a senior.
- Son of Steve and Cheryl Mack.
- Majored in legal studies and played the 2008 season as a graduate student in education.
- Born Javon Alexander Mack (11/19/85) in Fairbanks, AK.

INJURY REPORT

2014: Placed on the Injured Reserve List 10/17 with a leg injury.

2020: Inactive 2 games [at KC (12/27) and at TB (1/3)] with a concussion.