

144: Filer Information

Filer CIK	<input type="text" value="0001954431"/>
Filer CCC	<input type="text" value="XXXXXXXX"/>
Is this a LIVE or TEST Filing?	<input checked="" type="radio"/> LIVE <input type="radio"/> TEST

Submission Contact Information

Name	<input type="text"/>
Phone	<input type="text"/>
E-Mail Address	<input type="text"/>

144: Issuer Information

Name of Issuer	<input type="text" value="RED ROBIN GOURMET BURGERS INC"/>
SEC File Number	<input type="text" value="001-34851"/>
Address of Issuer	<input type="text" value="10000 E. GEDDES AVE.
STE. 500
ENGLEWOOD
COLORADO
80112"/>
Phone	<input type="text" value="3038466000"/>
Name of Person for Whose Account the Securities are To Be Sold	<input type="text" value="Joshua Todd Wilson"/>

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	<input type="text" value="Officer"/>
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144: Securities Information

Title of the Class of Securities To Be Sold	<input type="text" value="Common Stock"/>
Name and Address of the Broker	<input type="text" value="E*Trade from Morgan Stanley
200 Hudson Street
Suite 501
Jersey City
NJ
07311"/>
Number of Shares or Other Units To Be Sold	<input type="text" value="3456"/>
Aggregate Market Value	<input type="text" value="15519.34"/>
Number of Shares or Other Units Outstanding	<input type="text" value="17467493"/>
Approximate Date of Sale	<input type="text" value="03/14/2025"/>
Name the Securities Exchange	<input type="text" value="NASDAQ"/>

144: Securities Information

Title of the Class of Securities To Be Sold	Common Stock
Name and Address of the Broker	E*Trade from Morgan Stanley 200 Hudson Street Suite 501 Jersey City NJ 07311
Number of Shares or Other Units To Be Sold	1930
Aggregate Market Value	8665.99
Number of Shares or Other Units Outstanding	17467493
Approximate Date of Sale	03/21/2025
Name the Securities Exchange	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Common Stock
Date you Acquired	03/13/2025
Nature of Acquisition Transaction	Restricted Stock Units vesting
Name of Person from Whom Acquired	Issuer
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	14239
Date of Payment	03/13/2025
Nature of Payment	Compensation

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common Stock
Date you Acquired	03/20/2025
Nature of Acquisition Transaction	Restricted Stock Units vesting
Name of Person from Whom Acquired	Issuer
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	7877
Date of Payment	03/20/2025
Nature of Payment	Compensation

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a

note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Nothing to Report



144: Remarks and Signature

Remarks

Represents an estimate of shares expected to be sold pursuant to automatic "sell to cover" transactions to cover tax withholding obligations and fees arising due to the vesting of restricted stock units on March 13, 2025 and March 20, 2025. Such sell to cover transactions do not represent discretionary trades by the Reporting Person. The actual number of shares sold will depend on the sale price of the Companys common stock in such transactions.

Date of Notice

03/14/2025

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

/s/ Carrie Etherton, Attorney-in-Fact

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

POWER OF ATTORNEY FOR SECTION 16 REPORTING OBLIGATIONS

I hereby make, constitute and appoint each of Sarah A. Mussetter, Todd Wilson, Jeffrey Hoban, and Carrie Etherton of Red Robin Gourmet Burgers Inc. (the "Company"), who at the time of acting pursuant to this Power of Attorney is each acting singly, as my true and lawful attorney-in-fact to:

- (1) prepare, sign, acknowledge, deliver and file for me and on my behalf, an electronic Notice of Proposed Sale of Securities Pursuant to Rule 144 ("Form 144") relating to such sales, in accordance with the requirements of Rule 144 under the Securities Act of 1933, as amended; and
- (2) do and perform any and all acts for me and on my behalf which may be necessary or desirable to complete any such Form 144 or execute any amendments thereto, and to timely file the Form 144, and any amendments thereto, with the Securities and Exchange Commission ("SEC") and any stock exchange or similar authority.
- (3) seek or obtain, as my representative and on my behalf, information concerning transactions in or with respect to the Company's securities from any third party, including brokers, employee benefit plan administrators and trustees, knowing that I hereby authorize any such person to release any such information to the attorney-in-fact and approve any such release of information; and
- (4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to me, in my best interest, or legally required of me, it being understood that the documents executed by such attorney-in-fact on my behalf pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney-in-fact's discretion. I hereby grant to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as I might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. This Power of Attorney authorizes, but does not require, each such attorney-in-fact to act in his or her discretion on information provided to such attorney-in-fact without independent verification of such information. I further acknowledge that the foregoing attorneys-in-fact, in serving in such capacity at my request, are not assuming, nor is the Company assuming, any of my responsibilities to comply with Rule 144 under the Securities Act or any liability I may have with respect to transactions reported or reportable thereunder. All prior actions taken by each such attorney-in-fact which are consistent with the authority conferred hereby are ratified and approved. This Power of Attorney shall remain in full force and effect until I am no longer required to file Form 144 with respect to my holdings of and transactions in or involving securities issued by the Company, or earlier if I revoke it in a signed writing delivered to each of the foregoing attorneys-in-fact.

/s/ Joshua Todd Wilson
Joshua Todd Wilson

March 13, 2025