

**144: Filer Information**

Filer CIK	0001166976
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	<input checked="" type="radio"/> LIVE <input type="radio"/> TEST

**Submission Contact Information**

Name	
Phone	
E-Mail Address	

**144: Issuer Information**

Name of Issuer	Cogent Communications Holdings, Inc.
SEC File Number	000-51829
Address of Issuer	2450 N. Street N.W. Washington DISTRICT OF COLUMBIA 20037
Phone	202-295-4200
Name of Person for Whose Account the Securities are To Be Sold	David Schaeffer

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	Founder
Relationship to Issuer	CEO

**144: Securities Information**

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common Stock	J.P. Morgan Securities LLC 390 Madison Avenue, 6th Floor New York NY 10017	10000	480000	49337310	06/13/2025	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	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
Common Stock	12/01/2005	Vested restricted stock grant	Issuer	<input type="checkbox"/>		10000	12/01/2005	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**

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	03/14/2025	52500	3585299
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/12/2025	11372	569206
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/13/2025	42628	2147884
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/14/2025	30000	1519146
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/15/2025	40000	2013036
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/16/2025	15000	764934
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/20/2025	15000	748448
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/21/2025	40000	1871449
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/22/2025	25000	1155270
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/23/2025	25000	1171818
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/27/2025	20000	972722
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/28/2025	20000	948174
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/29/2025	25000	1171845
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	05/30/2025	25000	1146675
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	06/02/2025	65000	3011142
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	06/03/2025	65000	3052840
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	06/04/2025	75000	3581235
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	06/05/2025	75000	3546266
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	06/06/2025	80000	3821229
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	06/09/2025	55000	2674901
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	06/10/2025	55000	2677042
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	06/11/2025	55000	2667840
David Schaeffer C/o Cogent Communications Holdings Inc 2450 N. Street N.W. Washington DC 20037	Common Stock	06/12/2025	55000	2632376

**144: Remarks and Signature**

Remarks	
Date of Notice	06/13/2025

**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/ J.P. Morgan Securities LLC as agent and attorney-in-fact for David Schaeffer
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**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**