**President/Founder** James Howard, CPT, USA (ret.)  James grew up in Lynchburg, Va a part of a large military family.  His father served during the Vietnam era with the 82nd Airborne and his grandfather served with the 82nd as a gliderman during WWII and retired as a CSM after serving in Korea. James graduated from the Virginia Military Institute in 2002 and commissioned into the Army. He had the privilege of serving 2002-2010 with the 82nd and completing Ranger, Sapper, Jumpmaster and Special Forces courses. He loved his job as well as those he served with. His spinal cord deteriorated during his military service damaging C5-C7 vertebrae, after numerous military jumps, a couple combat injuries in Iraq from IED concussions and ultimately a diving accident during a swimming workout.

He considers his injury as "a blessing by misfortune" which led him to start 2 non-profits. He is the founder and president of REACHcycles and VAU that has supported thousands of children and veterans with disabilities. He also works and volunteers for many other non-profits: SOCOM Care Coalition mentor, Quality of Life Foundation Family- Case Manager, Chris Reeve Foundation- Military Veterans Program MVP Coordinator and Paralyzed Vets of America-member.