**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 the majority of his career 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 over his military career damaging C5-C7 vertebrae, along with other injuries, after numerous military jumps, an RPG blast exiting his vehicle in Iraq, an IED concussion to his back on dismounted patrol in Iraq and a tragic swimming accident during exercise.

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 supports hundreds 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.