



VETERANS & ATHLETES UNITED

2536 Falkirk Drive North  
Chesterfield, VA 23236  
[www.VetsAU.org](http://www.VetsAU.org)

**"In every chaos, there is also opportunity."**

Dear VAU Supporter,

It has been an amazing year for Veterans and Athletes United (VAU), all made possible through your generosity. TOGETHER we supported 535 veterans and caregivers through our accessible retreats and adaptive sports programs.

## YOUR 2024 IMPACT

**\* We held 24 accessible retreats throughout the Mid-Atlantic.**

Eric H. (Tsgt, ret) was injured during a combat patrol in Afghanistan by an IED, causing a TBI with brain lesions that severely affected his mobility.

*"VAU has given me peace of mind that there are veterans with different injuries all coming together to share our stories. Mentally it has given me happiness and camaraderie that was hard to find after retirement. Many veterans fall into isolation because they lose the friendships after service, VAU has given those friendships back from coming together at the retreats. It's humbling to see the support from volunteers, sponsors, donors and other veterans to make this happen."*

**\* We provided numerous travel grants for veterans to stay active and attend events such as:**

- Winter & Summer Sports Clinics
- Warrior Games
- Paralympic Training Valor Games
- Cycling Events
- Archery Tournaments



**\* We provided equipment and therapy grants for them to compete in:**

- Adaptive Sporting Gear
- Archery Bows, Air Rifles, Bikes, etc.
- Physical Therapy Sessions





**\* We hosted many internal program events:**

- VAU Skydive Event
- Cane Loyalty Events
- Hunting and Fishing

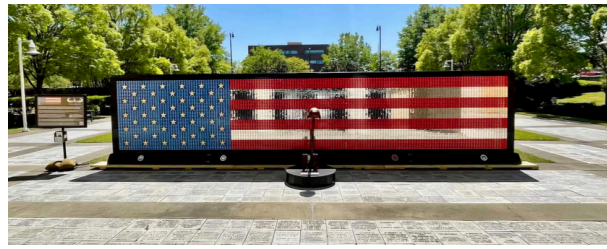


Ivan C. (Special Forces Maj, ret) was blinded by a mortar round in Iraq 2006. VAU had the privilege to provide him a quality bike to train for future competitions.

*"Thank you to VAU and all its generous donors for providing me this incredible bike to train and exercise. It has been instrumental for my mind and body."*



Richmond, VA retreat



**VAU Fallen Heroes Memorial**

This year our dedicated veteran volunteers transported both the Eastern and Western GWOT Memorial dog tag flags to 37 locations across the country. We use all proceeds to donate thousands of dollars in support of gold star families! We have numerous host applications for 2025. Your support allows us to continue to travel and maintain these memorials, providing opportunities for the public to remember and pay tribute to all these heroes, as well as educate future generations of the heavy price paid for freedom.



Above: Memorial Flag at Airborne and Special Operations Museum NC

Left: Gold Star wife places her husband tag at ceremony

From all of us at VAU and the families we have served, THANK YOU for your dedication and commitment. We sincerely appreciate your continued support to make our mission possible.

With gratitude,

*James Howard*

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VAU is an all-volunteer run non-profit with an operational cost less than 5%. Our board covers these expenses so 100% of your donation goes towards our programs and those we serve.