



VETERANS & ATHLETES UNITED

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www.VetsAU.org

"In every chaos, there is also opportunity."

Dear VAU Supporter,

It was another incredible year for Veterans and Athletes United (VAU), all made possible through your generosity. TOGETHER we supported 545 veterans with disabilities, putting us at over 7500 served through our programs since 2013.

YOUR 2025 IMPACT

*** We held 26 accessible retreats throughout the Mid-Atlantic.**

Geoff R.-Army veteran suffered a traumatic brain injury in a helicopter crash in Afghanistan.

"Thank you for your generous support to attend an incredible and deeply therapeutic 2025 VAU retreat. Words cannot fully capture what this event means to veterans like me. It was a soul-deep recharge. All the cares, aches, and burdens I often carry seemed to melt away. The joy of being surrounded by fellow veterans, amazing staff, and volunteers- participating in accessible activities, sharing stories, laughter, and silent moments of understanding — reminded me that healing doesn't just come through medicine, but through connection, nature, and brotherhood. I made lifelong bonds with others whose experiences mirror my own. We encouraged one another, challenged each other, and held space for shared moments of triumph, vulnerability, and joy."

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

- Winter & Summer Sports Clinics
- Warrior Games, Paralympic Training
- Golden Age games
- Cycling Events
- Archery Tournaments



*** We provided equipment and therapy grants for:**

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





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

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



Chris D. was a C-130 combat pilot with multiple deployments. He has bravely battled stage 4 cancer, and 6 surgeries. We provided him a race bike to participate in the Warrior games.

"I'm so grateful for the bike! During training I met Justin D., another AF Vet that received assistance from VAU to purchase a bike. It just so happened that he and I were teamed up during the race and we helped each other draft. We had so much fun and did well. It was my first ever cycling competition. Thanks again to all the donors that make it possible."



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 locations scheduled for 2026 and we are currently building a 3rd traveling memorial flag in Texas. 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 in Fishers, Indiana

Left: Mother and son view their loved ones tag at Special Ops Memorial event

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

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.