Robert Thomas grew up in Cleveland, Ohio, and played football and basketball. He enlisted in the U.S. Army shortly after graduating high school in 1987. Thomas served as a power generation equipment specialist at Fort Sill, Oklahoma, Camp Humphreys, South Korea, and Fort Bragg, North Carolina.

While on active duty in 1991, Thomas had a diving accident that severed his fifth and sixth vertebrae. He was introduced to PVA through the Cleveland VA Medical Center, and in 1996, he began volunteering with the Buckeye Chapter of PVA in Ohio.

Thomas joined PVA in 1993 as a member of the Buckeye Chapter. He took some time off to earn his associate’s degree in information technology and then returned to the Buckeye Chapter board in 2010. He has served as the chapter’s vice president since 2012, and as the chapter's representative on the National Field Advisory Committee and the Resolution Committee.

Thomas was re-elected national vice president of PVA during the organization’s 74th Annual Convention, held virtually in May 2020, to begin a new, one-year term on July 1, 2020. He initially joined PVA’s Executive Committee, and continues to serve on the Executive Committee, because he wants to help “lead the organization well into the future.”

In addition to his role as PVA's national vice president, Thomas currently serves as the chair of PVA’s Resolution Committee.

Thomas and his wife, LaShon, live in Macedonia, Ohio. Thomas enjoys reading,
watching sports and participating in adaptive sports like power soccer, bowling, air guns and scuba diving.