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, NC.

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 of PVA. He took some time off to earn his associate’s degree in Information Technology, and returned to the Buckeye Chapter of PVA 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 73rd Annual Convention in May 2019, and began his new, one-year term on July 1, 2019. 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, and is the organization’s national parliamentarian.

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