

VA-05 District Primer

In 2024, Republican John McGuire won this seat by **63,335 votes—that’s 215 votes per precinct**. If we can persuade just 216 voters per precinct, we can win this year. With your help, we’re going to **FLIP** this key seat and secure a Democratic House majority in 2026.

Key dates

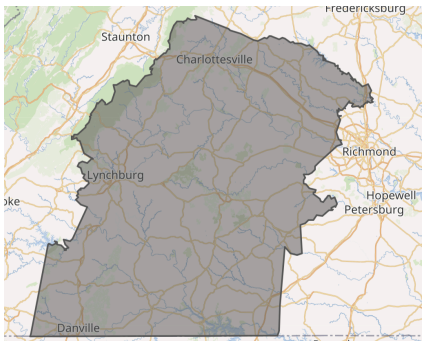
Early Voting begins: September 19

Midterms: November 3, 2026

Recent Election Results

2024 Presidential Election	2024 House Election	2022 House Election
Harris: 191,726 (43.4%) Trump: 246,040 (55.6%)	Gloria Tinsley Witt (D): 184,229 (42.3%) John McGuire (R): 249,564 (57.3%)	Joshua Throneburg (D): 129,996 (42.2%) Bob Good (R): 177,191 (57.6%)

District Facts & Stats



Largest Cities

- Lynchburg, pop. 81,677
- Charlottesville, pop. 46,553
- Danville, pop. 42,590

Geography

VA-05 encompasses a large section of Central and Southside Virginia, with portions of the district bordering North Carolina. Predominantly rural, the district’s largest population centers are Lynchburg, Charlottesville, Danville and some outer Richmond suburbs. There are approximately 8,600 farms in the district, producing livestock, poultry and soybeans.

Citizenry

The population of VA-05 is approximately 68% white, 20% Black and 4% Hispanic. The median household income is \$73,090. Many residents are employed in education, health care and social assistance. The unemployment rate is 3.1%. More than 90% of residents have a high school diploma and nearly 35% have a BA or higher. Manufacturing is mostly in wood products. Farmers here raise livestock and poultry, grow soybeans and corn.

The Local Vibe

Anti-war and anti-data center views are increasingly common in the district, even though it has voted Republican in recent elections. As in many places affordability is causing voter frustrations here. Because of the preponderance of federal workers in the district, DOGE cuts hit particularly hard.

In January several anti-ICE protests were held in the Richmond area and in Charlottesville, and *No Kings* rallies drew thousands in several cities. More recently protests against AI data centers have drawn large crowds.

There are 3 ballot measures as well- one to establish a constitutional right to reproductive freedom, a measure to repeal the definition of marriage as between a man and a woman, and one that would restore voting rights for those convicted of felony on release from prison.

Sign up for another event: mobilize.us/swingleft

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Key Issues

- **Data centers:** The proposal to establish data centers and the massive Valley Link Transmission power line project has many people alarmed.
 - **Jobs:** DOGE cuts have harmed a great many people in this district.
 - **Cost of Living:** The rising prices for groceries and energy affects everyone from suburban families to farmers trying to balance costs and production.
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About the Candidates

John McGuire | GOP Incumbent

John McGuire Was born and raised in Central Virginia, in the foster care system and by his grandparents. He was elected to represent this district in 2024. McGuire is a former Navy SEAL and calls himself a “fearless, unapologetic, Christian conservative.” His website touts his endorsement from Donald Trump, and a number of county Sheriffs. He summarizes his platform as “Pro-life, pro-God, pro-gun and pro-Trump.”

He supports Trump’s tariffs, the war in Iran, and he has traded many thousands of dollars in stocks while in office.

He co-sponsored the “Life begins at Conception Act” which would have outlawed all abortions, with no exceptions for rape, incest or the life of the woman. He was the only Virginia state senator to vote against raising the marriage age from 16 to 18, a vote he has been forced to defend. His views are considered extreme, even for a conservative Republican.

Tom Perriello | Democratic Candidate

Tom Perriello is from Charlottesville. He is a Yale-educated attorney with extensive experience in international relations, having worked in Sierra Leone, Darfur, Afghanistan and Kosovo. He served as a special envoy during the Obama and Biden administrations. In 2008 Perriello flipped the VA-05 seat by defeating a six-term conservative Republican incumbent. He is a pro-choice Catholic who founded the organizations *Catholics in Alliance* and *Catholics United*.

Perriello’s top priority is to save families money - by ending the tariffs that spiked grocery bills and ending the Iran war that has raised gas and fertilizer prices. He also emphasizes the importance of curbing corruption, specifically by advocating for investigating and holding accountable Epstein criminals and banning insider trading and dark money in Congress. He has been a vocal opponent of the Block Valley Link high-voltage transmission line and of data centers, and he stresses the urgency of adopting regulations around AI.

The contrast: Tom Perriello has proven himself in the past to be an effective legislator in this district, looking out for the needs of people here in many concrete ways. John McGuire’s lack of specific issues and focus on culture wars only showcase the ways he counts on Trump and MAGA for support, and that he has no ideas about how to improve life for his constituents.