

VA-07 District Primer

In 2024, Democrat Eugene Vindman won this seat by 10,849 votes. **That's close!** With a winning margin of *just 5 votes per precinct*, we can't afford to lose a single vote. With your help, we're going to **HOLD** this key seat and secure a Democratic House majority in 2026.

Key dates

Filing Deadline: May 26

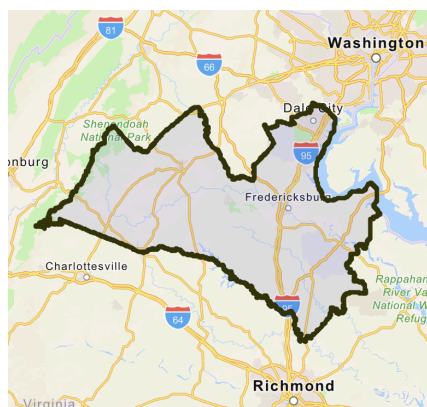
Primary: August 4

Midterms: November 3

Recent Election Results

2024 Presidential Election	2024 House Election	2022 House Election
Harris: 203,204 (50.5%) Trump: 191,696 (47.7%)	E. Vindman (D): 203,336 (51.2%) D. Anderson (R): 192,487 (48.5%)	A. Spanberger (D): 143,357 (52.2%) Y. Vega (R): 130,586 (47.6%)

District Facts & Stats



Largest Cities

- Dale City, pop. 72,088
- Woodbridge, 44,668
- Fredericksburg, ~30,000

Geography

Spanning much of central and northern Virginia, VA-07 lies just southwest of Washington, DC and is 60 miles north of the capital, Richmond. It includes Quantico, where there is a large FBI training center and a Marine Corps base. The district contains small towns, exurbs and suburbs, and rural areas. It is bordered on the east by Occoquan Bay and the Potomac River; to the west are the Blue Ridge Mountains.

Citizenry

VA-07 is 65% non-Hispanic white, 18.4% Black, and 7.3% Hispanic. 16% of residents hail from overseas. Of the district's inhabitants more than 1/2 are in the labor force. VA-07 has a higher median income and lower poverty rates than the rest of Virginia, due to its large number of white-collar jobs. 132,000 people in VA-07 rely on Social Security and SSI benefits. Of the 132,600 Medicaid enrollees in the district, many are ACA adults who will be greatly impacted by Medicaid cuts. Four percent of Prince William County's households, and 8% of Culpeper's, rely on SNAP benefits.

The Local Vibe

VA-07 is considered one of the most competitive districts in the state. The exurb of Prince William County and the city of Fredericksburg are Democratic strongholds; all the other counties went for Trump in 2024. VA-07 has suffered from DOGE cuts, being home to a great many government employees.

This district was formerly represented by Abigail Spanberger (D) who was elected VA Governor in 2025.

Vindman has held several in-person and virtual town halls attended by hundreds of people. In June 2025, two thousand people attended a *No Kings* protest in Culpeper. The protest made national news when a motorist intentionally drove an SUV into the departing crowd, striking one of the participants.

Sign up for another event: mobilize.us/swingleft

Updated July 2026 • Researched and edited by Swing Left's all-volunteer research team

Key Issues

- **Job Cuts:** More than 25% of jobs in this district are with the government. Working conditions under this Administration, the DOGE chaos and budget cuts have hurt many government employees.
 - **Loss of Essential Services:** Many residents are struggling with reduced ACA funding, and cuts to Medicaid and SNAP.
 - **Immigration:** ICE raids have this diverse district's residents on edge and angry.
-

About the Candidates

Eugene Vindman | Democratic Incumbent

Rep. Eugene Vindman rose to national prominence as one of two whistleblowers in the Ukraine scandal which led to President Trump's initial first-term impeachment. (Vindman's twin brother, Alexander, was the other.) In 2024, in what was considered a toss-up election, Vindman defeated his Republican opponent. A naturalized US citizen, Vindman was born in 1975 in Ukraine, then part of the USSR. After his mother's death in 1979, his father brought their family to the United States. Vindman is a distinguished Army veteran who served for 25 years, including active duty during the Iraq War, and who attained the rank of Lieutenant Colonel. He holds a BA in history from SUNY Binghamton, a Masters in administration from Central Michigan University, and a Master of Laws from The JAG School, a federal service academy at the University of Virginia, Charlottesville.

Rep. Vindman is focusing on issues that impact his district, such as Republican legislation that would harm small businesses by restricting competition and limiting access to loans. He has introduced bipartisan legislation to create phone-free classrooms that reduce distractions and help students learn, and to cost-effectively expand WIC to reduce food insecurity among mothers and children impacted by substance use. He stands with other Democrats in fighting against cuts to Medicaid, food programs, and other safety net services. He is also an effective advocate for military families, willing to hold the DOD accountable and to advocate for military personnel to have the resources they need, and he has forcefully advocated for his district's importance in matters of national security.

Rep. Vindman serves on the Armed Services Committee and is the only Virginian on the Agriculture Committee.

Republican Challenger(s)

There are several possible candidates; we'll know more after the primary election on August 4. Until then, we've identified these front runners:

Philip Harding is co-founder of Impact Junkie, a company that trains entrepreneurs, and a first-generation college graduate who lives in Prince William County.

Douglas Ollivant is an Army veteran and managing partner at the consulting firm Mantid International.

Rick "Ricky" Smithers, a pastor and construction company owner, is also running.

The contrast: Rep. Vindman has shown himself to be an honorable person and true patriot by standing up to the Trump administration. He has also demonstrated that he cares about the issues facing his constituents and that he is a serious candidate who has proven to be an effective legislator during his first term in Congress. None of his competitors have anything close to his record of leadership experience, his history of distinguished service, or his demonstrated effectiveness in Washington.