State Senator Tara Durant

2025 Recipient of AFSA's Foreign Service Champions Award



Born and raised in Des Moines, Iowa, Tara is a mother, former teacher, and Marine wife who has called Virginia home for over 20 years. Tara earned a B.A. in Political Science and Communications from Coe College before attending the University of Baltimore School of Law.

A former elementary school teacher, Tara is a dedicated community leader, having served on the boards of the Fredericksburg Area Service League and PTO. Over the years, Tara coached and supported lacrosse, field hockey, and soccer teams in the community. Additionally, she served on the Citizens Review Panel with United Way and volunteered with Habitat for Humanity. Tara is a parishioner at St Mary's Church in Fredericksburg. She is an active volunteer teaching Bible School and Religious Education classes, and assisting with the Youth Group.

Shortly after being recruited to run for office, Tara was diagnosed with breast cancer. Her struggles through surgery, treatment, and recovery during the campaign reinforced to her the importance of faith and family in overcoming obstacles.

Elected to public office in November 2021, Tara served for one term in the Virginia House of Delegates before being elected to the Virginia Senate, where she has served since January 2024 representing the city of Fredericksburg, most of Stafford County, and a small portion of Spotsylvania County. She currently serves on the Senate Committees on Education & Health, Local Government, and Privileges & Elections; as well as the Behavioral Health Commission, Rappahannock River Basin Commission, Autism Advisory Council, Veterans Services Board, and Southern Regional Education Board.

Tara and husband Ted have been married 27 years and blessed with three amazing children - Lindsay, Teddy, and Coco.