SFC Richard Stayskal enlisted into the United States Marine Corps in 2001 and served as a machine gunner and scout sniper for four years. During his 2004 tour to the Al Anbar Providence Ramadi, Iraq Stayskal was critically wounded in action by heavy insurgent sniper fire. Following his recovery SFC Stayskal was honorably discharged from the Marine Corps in 2005.

In 2006 SFC Stayskal enlisted into the United States Army and served four months as an Infantryman with the 101st Airborne Division at Fort Campbell, Kentucky before attending the Special Forces Assessment and Selection (SFAS). After his completion of SFAS, Stayskal was selected to attend the Special Forces Qualification Course and was subsequently awarded the Green Beret and Military Occupational Specialty of 18B Special Forces Weapons Sergeant.

In 2008 SFC Stayskal was assigned to the 10th SFG (A) in Fort Carson, Colorado and later assigned to the 1st Special Warfare Training Group (A) at Fort Bragg North Carolina in 2015. SFC Stayskal has multiple deployments throughout special operations central command, special operations command Africa, and special operations command Europe areas of responsibility in support of national interests during the global war on terrorism. SFC Stayskal has held numerous positions throughout his military career including. Infantry rifleman, infantry team leader 101AB, Special Forces senior weapons sergeant on a maritime operational detachment alpha, cell leader in a reinforced Special Forces company, and Special Forces senior sniper instructor and program of instruction writer.

SFC Stayskal's military education includes:

Army infantry military occupational specialty training, the special forces qualification course, sere school, the special forces weapons sergeant course, basic airborne school, static line jump master, air assault course, the military free fall course, military free fall jump master and advanced infiltration techniques course, the special forces sniper course, the special forces advanced recon and exploitation techniques course, Advanced Special Operations level two course, and the special operations instructor course. SFC Stayskal was selected to attend the Special Forces Warrant Officer Course.

SFC Stayskal's awards include the Bronze Star Medal, the Purple Heart, the Army Commendation Medal, Army Achievement Medal, Meritorious Unit Citation, Army Good Conduct Medal, the National Defense Service Medal, Iraq Campaign Medal, the Global war on terrorism expeditionary medal, the global war on terrorism service medal, Noncommissioned Officer professional development ribbon 3, Army service Ribbon, and the overseas service ribbon.

Rich is married to Megan Stayskal and they have two daughters Carly and Addison.