



Contact

Myron D. Rumeld

Partner

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Myron D. Rumeld has over thirty-five years of experience handling all aspects of ERISA litigation at both the trial and appellate level. His broad experience includes numerous representations of 401(k) plan fiduciaries defending class action employer stock and excessive fee claims, and representations of large multiemployer pension and health fund trustees in the defense of a large assortment of fiduciary breach lawsuits. He has defended class action suits against Charles Schwab, Barnabas Health, Inc., Neuberger Berman, and the American Federation of Musicians Pension Fund, among many other clients; and he has tried cases for The Renco Group and Foot Locker, Inc., among others.

Chambers USA cites Myron as a “brilliant” and “sensational litigator,” who is “sharp, articulate, clever, and deeply committed to the work he does.” Similarly, *The Legal 500 United States* has called Myron an “outstanding ERISA lawyer.”

Myron is presently co-chair of Proskauer’s ERISA Litigation Group. He previously served as co-chair of Proskauer’s nationally renowned Compensation & Benefits Group. He also served as the past co-chairman of the Board of Editors for the American Bar Association publication, *Employee Benefits Law (BBNA)*.

[Practices](#)

ERISA Litigation, Compensation & Benefits, Appellate, Class & Collective Actions,
Employment Litigation

Education

Columbia Law School, J.D.
Harlan Fiske Stone Scholar
Articles Editor, *Columbia Law Review*, 1982-1983
State University of New York at Binghamton, B.A.
Phi Beta Kappa

Admissions & Qualifications

New York

Clerkships

U.S. District Court, New York, Eastern District - Hon. I. Leo Glasser

Court Admissions

U.S. Court of Appeals, Ninth Circuit
U.S. Court of Appeals, Second Circuit
U.S. Court of Appeals, Third Circuit
U.S. District Court, New York, Eastern District
U.S. District Court, New York, Northern District
U.S. District Court, New York, Southern District
U.S. District Court, New York, Western District

Memberships

American Bar Association (Employee Benefits Committee of Labor & Employment
Law Section)
New York State Bar Association
New York City Bar
Litigation Counsel of America (Fellow)

Awards & Recognition

Chambers USA: Nationwide: ERISA Litigation, 2026
Lawdragon 500 Leading U.S. Corporate Employment Lawyers 2020-2025
Fellow, American College of Employee Benefits Counsel
Chambers USA: Nationwide: ERISA Litigation 2007-2025

New York Super Lawyers 2010-2022

Lawdragon & Human Resource Executive Most Powerful Employment Attorneys,

Top 20 Employee Benefits and ERISA 2013-2019

The Legal 500 United States Hall of Fame 2017-2022

The Legal 500 United States: Labor & Employment: ERISA Litigation 2007-2025

(Hall of Fame, 2024-2026)

The Legal 500 United States: Appellate: Supreme Court 2017-2018

The Legal 500 United States: Appellate: Court of Appeals 2019-2024

The Legal 500 United States: Labor & Employment: Employee Benefits & Executive
Compensation 2014, 2017-2020

Best Lawyers in America