

## SARAH K. KNARZER

**Senior Associate** / Richmond

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**Sarah Knarzer brings significant litigation experience to her labor and employment practice, representing employers in disputes and helping clients navigate complex legal and procedural issues.**

Sarah has experience developing litigation strategies, conducting legal research, managing discovery and e-discovery, and drafting pleadings, motions, briefs, memoranda, discovery responses, and settlement evaluations. She has drafted and argued both dispositive and non-dispositive motions and has prepared appellate briefs for the Supreme Court of Virginia and the Court of Appeals of Virginia. Her practice includes employment disputes as well as complex commercial and civil litigation involving breach of contract, breach of fiduciary duty, trade secrets, business disputes, and other matters.

Prior to joining FordHarrison, Sarah practiced at two Richmond-based civil litigation firms, where she represented corporate clients in state and federal courts and gained substantial experience managing matters from initial case assessment through resolution. She earned her J.D., *cum laude*, from the American University Washington College of Law, where she served as Senior Technology Editor and Diversity Committee Chair of the *Administrative Law Review*.

Sarah is active in the Virginia legal community and has held several leadership roles with the Virginia Association of Defense Attorneys, including Chair of the Automobile and Transportation Liability Section and Chair of the Young Lawyers Section. She is also a member of the Richmond Bar Association and Virginia Bar Association.

## Representative Experience

- » Drafted and argued successful Motion to Dismiss for Lack of Jurisdiction for a prominent international food supplier.
- » Coordinated and conducted large scale E-Discovery and high-volume document review for employment and trade secret litigation in the EDVA.

## EDUCATION

- » American University, Washington College of Law (J.D., *cum laude*, 2021)
- » James Madison University (B.S., 2016)

## BAR ADMISSIONS

- » Virginia

## COURT ADMISSIONS

- » U.S. Bankruptcy Court for the Eastern District of Virginia
- » U.S. Bankruptcy Court for the Western District of Virginia

- » Drafted and argued successful Motion for Summary Judgment in Virginia Circuit Court regarding the existence of an access easement on behalf of a local real estate contractor.
- » Obtained multiple defense verdicts in Virginia Circuit Courts.
- » Drafted and argued successful oppositions to Motions for Temporary Injunctions on behalf of community health authority.

## Memberships

- » Virginia Bar Association
- » Richmond Bar Association
- » Virginia Association of Defense Attorneys
- » Safe Harbor, Court Advocacy Team Member

## News & Insights

- » 2/2026 - Where (and Why) DEI Initiatives Go Wrong – And What's Your Plan "B" – *The Richmond Lawyer*

## Offices

- » *Richmond:*  
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