

In Court And Out, Conn. Atty Is In It For The Long Run

By Christine DeRosa

Law360 (June 5, 2025, 4:01 PM EDT) -- At 72, Silver Golub & Teitell LLP name partner Ernie Teitell has no plans to slow down — either as a trial lawyer or as a distance runner who recently completed his 21st marathon.

In March, Teitell notched a major milestone as he headed to Japan with his family in tow for the Tokyo Marathon, the last race he needed to complete the coveted Six Star Medal, an award given to runners who finish each of the six major marathons that comprise the Abbott World Marathon Majors.

According to Teitell, a Stamford-based plaintiffs' attorney who specializes in medical malpractice, serious personal injury and sexual abuse and assault matters, there's a clear overlap between his law practice and his running hobby.

"Running a marathon is about perseverance — keep your head down and keep going through — and a lot of these cases, that's what you have to do," Teitell told Law360 Pulse. "The task in the case may not be an easy one. Frequently it's not. So putting your head down and persevering and working through it may be something that you gather from your running career."

Teitell got his start as a runner competing in track and field events in high school before running his first marathon in Philadelphia at 27. He kept it up for another ten years, completing a dozen marathons, until life got too busy for the intensive training needed to do long-distance running.

It's easy to see what kept Teitell so busy. He began practicing law in 1977 as the fourth attorney at the firm that now bears his name. He went on to join the masthead in 1990, and the firm has since grown to 21 attorneys.

Teitell was part of the legal team that represented Mary Farren, a former Skadden Arps Slate Meagher & Flom LLP attorney who was disabled by an attack by her husband, J. Michael Farren, two days after she filed for divorce.

A Connecticut jury ultimately awarded Mary Farren \$28.6 million in civil damages while her then-husband, a former attorney in both President George H.W. Bush and President George W. Bush's administrations, was convicted of attempted murder, first-degree assault and risk of injury to a child.

Earlier in his career, Teitell represented the family of 6-year-old Zachary Archer Cohn, who drowned in July 2007 when he became entrapped by suction from a swimming pool drain. A civil lawsuit filed by Cohn's parents against Shoreline Pools was resolved by a confidential settlement and, separately, Shoreline Pools and its CEO David Lionetti pled guilty to criminal charges related to the death, Greenwich Time reported in 2011.

According to the ZAC Foundation, a group founded by Cohn's parents, the plea required Shoreline Pools to pay \$50,000 annually toward public service ads for water safety education, pay mailing costs for a pool safety brochure to be sent to every house in Connecticut with a residential pool, and provide staff to distribute water safety information at two pool industry trade shows.



Silver Golub & Teitell LLP partner Ernie Teitell runs the Tokyo Marathon on March 2, which was his sixth Abbott World Marathon Majors. (Courtesy of Carley Gustafson)

In addition to his legal practice, Teitell has worked as an adjunct professor at Quinnipiac University School of Law, teaching from 1987 to 2010 and then resuming in 2017. He currently teaches a course focused on medical malpractice law.

After being sidetracked from running as he spent 20 years building his career and raising his family, Teitell decided to celebrate his 60th birthday by picking up where he left off and running another marathon.

"What's nice about running is I think anybody can do it if they do the training and put their mind to it," Teitell said. "That's the great part about running — you see all kinds of people, all kinds of body habitus running."

Teitell said he remembers his first marathon fondly, finding the experience exhilarating. As for what's kept him doing it for all these years, he cited the feeling of accomplishment that comes with crossing the finish line.

"I feel it's a way of expressing your athleticism, even though you don't have to be a great athlete," Teitell said. "You've completed an athletic event, so there's some satisfaction in that, and you don't have to win ... you've accomplished it just by finishing it."

Since turning 60, Teitell has run nine marathons: New York in 2013 and 2017; New Orleans in 2015; Boston in 2016; Chicago in 2018; London in 2019; Paris in 2022; Berlin in 2023 and now Tokyo in 2025.

Now that Teitell is older, his training regimen has changed. He said he runs slower now, so he focuses on running for a certain amount of time, say an hour or two, rather than a set number of miles.

Out of all the marathons he's run, he said that two stood out to him the most: Boston and Tokyo.

The Boston Marathon, Teitell said, was the closest he'll get to feeling like he's in the Super Bowl. The city treats the race like a huge event and is full of crowds cheering on the runners, which Teitell called a really unique experience.

And the Tokyo Marathon he said was particularly meaningful because it was the last major marathon he had to run to earn the Six Star Medal from the Abbott World Marathon Majors, which was introduced in 2016, a few years after Teitell began running again.

Completing the circuit of major marathons, which includes Tokyo, Boston, London, Berlin, Chicago and New York City, became a personal quest for Teitell.

After crossing the finishing line in Tokyo with a time of just under six hours, Teitell participated in a ceremony where he and other new Six Star recipients were awarded their medals — a ring of six connected circles representing each of the six races that make up the circuit. He joins a club of what Abbott has said are more than 20,000 runners to have completed the six-star circuit following the 2025 Tokyo Marathon.

A large part of the journey and the fun for Teitell is taking his family with him. During the race, his family camps at different spots along the course to cheer him on and hand off snacks. Some family members have even gotten in on the fun. One of his daughters-in-law ran the Berlin Marathon with him in 2023, while another joined him to run in Chicago in 2018.

Teitell hopes to keep running as long as he can, and now has a new goal to set his sights on. Late last year, Abbott added the Sydney Marathon as the seventh in its circuit of major marathons. And the organization says two more — Cape Town, South Africa and Shanghai — are being considered for the creation of a possible new Nine Star medal.

"The plan is to see if I can do Sydney in the fall of '26," he said. "A lot of my family said they're in, and my grandson, who will be 25, said he'll run it with me this time."