



Adam R. Long

Member • Co-Firm Counsel

Harrisburg, PA

T: 717-237-5209

E: adam.long@mcneeslaw.com

Services and sector groups

- Labor and Employment
- Higher Education
- Manufacturing, Warehousing, and Distribution
- Financial Services

Adam advises and represents public and private employers in workplace compliance matters and employment disputes.

Adam counsels executives, in-house counsel, and human relations professionals on a wide array of labor and employment matters, including wage and hour compliance, employment discrimination, leaves of absence, labor relations, and noncompetition agreements. He represents clients in single-plaintiff and class-action litigation, as well as before various federal and state government agencies.

Adam also represents employers with union-represented workforces in collective bargaining negotiations and grievance arbitrations. His clients range from publicly traded companies to family-owned businesses, and he advises colleges and universities on labor and employment matters.

Adam serves as chair of the Human Resources Committee of the United Way of the Capital Region and as board secretary for the Whitaker Center for Science and the Arts. He has served in leadership and board roles with the American Red Cross Central Pennsylvania Chapter, the LINK Foundation, the Paxtonia Athletic Association, and the Center for Independent Living of Central Pennsylvania.

Experience/Representative Cases

- Employer: Defeated a motion for conditional certification in a federal wage and hour matter, ending a proposed nationwide collective action seeking unpaid overtime compensation.

Education

- Duke University School of Law, J.D., *magna cum laude*
- Columbia University, B.A., *cum laude*

Admissions

- Pennsylvania
- U.S. District Court for the Eastern District of Pennsylvania
- U.S. District Court for the Middle District of Pennsylvania
- U.S. District Court for the Western District of Pennsylvania

Recognition

- Leadership Training Excellence Award, Pennsylvania State Conservation Commission, 2023
- Forty Under 40, 2016
- Readers' Choice Award, 2016
- Pennsylvania Rising Stars®, 2014, 2016

Professional and community involvement

- Pennsylvania Bar Association
- Dauphin County Bar Association
- Whitaker Center for Science and the Arts, board secretary
- United Way of the Capital Region, Human Resources Committee chair