

**For Release: Immediate**

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## **Young Lawyers Section Community Service and Pro Bono Committee Cycled for Foundation**

On a hot night in July over twenty young lawyers from New York gathered at SoulCycle in Manhattan for a charity indoor cycling ride for The New York Bar Foundation.

An initiative of the Community Service and Pro Bono Committee of the Young Lawyers Section from the New York State Bar Association, the event was the first geared toward assisting The New York Bar Foundation.

The Foundation caught up with co-chairs of the cycling event, Kara Buonanno and Erica Weisgerber to discuss the experience.

***Q. As young lawyers, it must be challenging to be able to find time to balance a career, family and philanthropic ideals. How did the Section decide that there was a need for a community service/pro bono committee?***

**K:** Giving back to the community is extremely important to the Young Lawyers Section of the New York State Bar Association. Through the Community Service and Pro Bono Committee, we give young New York lawyers the opportunity to contribute to charitable causes. It's amazing how many attorneys want to donate their time.

***Q. How did the cycling event develop?***

**E.** Kara had the initial idea for a charity indoor cycling ride as a fun way to bring together young lawyers for a different sort of networking event! Once we decided to go forward with the idea, we talked about a few different ideas for a charity. I thought that since we are a group of young lawyers, it made sense for us to support a charity that gives back to the legal community.

**K:** I read an article about another charity ride SoulCycle had hosted and thought it would be a unique event that would be beneficial to both the participants and the charity we would ride for. Erica and I both love fitness. It's a healthy way to deal with the everyday stresses of being an attorney. I've learned there's no replication for a good workout. When we looked into partnering with SoulCycle, we were particularly impressed with their charity program and felt it was in-line with our Committee initiatives so we thought teaming up with them would be an ideal fit.

**Q. *Why The New York Bar Foundation?***

**E:** The New York Bar Foundation seemed like a perfect choice, since it makes grants to financially support law-related programs of legal services organizations, non-profits and bar associations within New York.

**Q. *How did you hear about The New York Bar Foundation?***

**E:** I first became familiar with the Foundation from the introduction that we receive each year at the NYSBA Annual Meeting. This seemed like an excellent opportunity to promote the Foundation's mission, while having fun with other lawyers.

**Q. *How did the event go?***

**K:** All of the riders had a great time and a fantastic workout. The SoulCycle staff could not have been more hospitable. Our instructor, Natalia, was very inspirational. The playlist was great too! SoulCycle is very cutting-edge and we're grateful they helped make this event possible.

**Q. *What is the one thing you would like people to know about The Young Lawyers Section?***

**K:** It's an excellent way to get involved in the New York legal industry and meet other young attorneys. Through the Young Lawyers Section, I've met incredible people practicing in various areas of the law that I otherwise may not have.

**Q. *What is the one thing you learned about The New York Bar Foundation by organizing this event?***

**K:** The New York Bar Foundation provides fellowships to law students to help develop their practical skills. We commend The Foundation for providing these opportunities.

The New York Bar Foundation thanks the Young Lawyers Section and those who participated in helping us fulfill our mission. Your gift matters!