



Catharine Biggs Arrowood

Partner

cbarrowood@parkerpoe.com

t 919.890.4142



Catharine Arrowood litigates and arbitrates for both large and small businesses and has considerable experience with regulated companies. She focuses on resolving problems that threaten the viability of a business. Her clients have included educational institutions, utilities, insurance companies, accounting and law firms, health care and biotech firms, banks, and commercial aerospace companies.

Catharine has lectured and written on various aspects of complex litigation, including managing complex cases, federal civil procedure, arbitration, and mediation.

She is a member of the Panel of Neutrals for the American Arbitration Association and the International Centre for Dispute Resolution, and she serves as the co-chair of TerraLex's Dispute Resolution Group. In addition, she is certified by the North Carolina Dispute Resolution Commission (NCDRC) as a Superior Court mediator.

Catharine has been recognized by *Chambers USA* as a Band 1 practitioner in Litigation: General Commercial, the first woman to achieve this ranking in North Carolina. Clients interviewed by *Chambers* reveal that when in court she "knows the facts, the strengths and weaknesses of both sides, and handles the case in the most effective manner for our needs."

In addition, Catharine has served on various boards of directors, including UNC/Rex Healthcare, and is active in board training. She has earned a Yellow Belt Certification in Legal Lean Sigma® and Project Management from the Legal Lean Sigma Institute.

Prior to joining the firm, Catharine served as an associate attorney general, handling antitrust matters for the North Carolina Department of Justice.

REPRESENTATIVE EXPERIENCE

- Advised clients on the breach and enforcement of contracts, including construction, procurement, and energy-related matters.
- Represented clients in a broad range of issues involving commercial torts, including fraud, interference with contract, theft of trade secrets and intellectual property, covenants not to compete, and unfair competition.



RALEIGH OFFICE



PRACTICE AREAS

- Antitrust & Trade Regulation
- Intellectual Property Litigation
- Alternative Dispute Resolution (ADR)
- Class Action Defense Litigation
- International Business
- International Dispute Resolution



EDUCATION

- Wake Forest University
JD, *cum laude*, 1976
- Wake Forest University
BA, *cum laude*, 1973



ADMISSIONS

- North Carolina, 1976



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- Advised clients on antitrust, international competition, and trade regulation issues.
- Counseled clients on corporate governance, breach of fiduciary duty, and issues arising from the purchase and sale of businesses and removal of officers and directors.

CLIENT ALERTS

- "The FTC's Intel Case Serves as a Reminder that Single Firm Conduct can also Violate the Antitrust Laws," November 2010
- "Department of Justice and Federal Trade Commission Issue Revised Horizontal Merger Guidelines," August 2010
- "Leniency Programs and Increased Criminal Penalties make Antitrust Compliance Programs Essential," August 2010
- "Supreme Court Decision in American Needle Increases Antitrust Risks for Joint Ventures," July 2010
- "North Carolina Bar Leadership Institute," June 2007

PUBLICATIONS

- "Guide to Tracing Assets Around the World," TerraLex, May 2018
- "The Rules of the Game of Global M&A: Why So Many Chinese Outbound Investments Fail," Contributor, China Machine Press, November 2017
- "Piecemeal Reform of Judicial Branch Is Dangerous," WRAL.com, March 2017
- "The Justice Gap," North Carolina Lawyer Magazine - President's Perspective, May 2015
- "Court Funding - Justice in North Carolina," North Carolina Lawyer Magazine - President's Perspective, April 2015
- "Through the Looking Glass," North Carolina Lawyer Magazine - President's Perspective, April 2015



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- "We've Been Slimed," North Carolina Lawyer Magazine - President's Perspective, April 2015
- "Contracting in a Globalized World: How to Protect Your Company From Disputes With an International Counterparty," Business Lawyer, May 2013
- "Finding the International Issue in Every Day Practice," North Carolina Bar Association, April 2012
- "Antitrust Limits on Mediation and Settlement," North Carolina Bar Association, April 2010
- "Discovery in International Arbitration: The Murky Waters of 28 U.S.C. §1782," Privacy & Data Security Law Journal, September 2009

SPEAKING ENGAGEMENTS

- "Board Behavior and Culture Considerations," National Association of Corporate Directors (NACD) Research Triangle Chapter, April 2019
- "Taking Your Seat at the Table: Being Board-Ready In-House Counsel Women," Association of Corporate Counsel Annual Meeting, October 2018
- "Traps for the Unwary: Avoiding Ethical Traps in Cross-Border Transactions and Litigation," ABA Business Law Section Spring Meeting, April 2018
- "How to Find the Right Board," National Association of Corporate Directors, March 2018
- "International Arbitration: Why Cut and Paste Will Cost You," Association of Corporate Counsel, February 2018
- "Basics of International Treaty Arbitration: Comparison to International Commercial Arbitration," Charlotte International Arbitration Society, October 2017
- "Enforcement of Antitrust Laws: the Trump Administration and the States," TerraLex 2017 Global Meeting, September 2017
- "Fighting for Fairness: Gender Equality in the Profession," N.C. Bar Association, May 2017



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- "#AskNCCALJ: Twitter Town Hall on Recommendations for North Carolina Courts," March 2017
- "Competing Universes Collide: Arbitration in the Courts," 37th Annual Meeting Council of Chief Judges of the State Courts of Appeals, November 2016
- "Arbitration Basics," 2016 N.C. Legal Services Conference in Greensboro, October 2016
- "Arbitration Basics and Update," N.C. Bar Association, September 2013
- "International Arbitration," Duke University School of Law, September 2011
- "2011 Arbitration Hot Topics: Tillman, Trends and Tactics," N.C. Bar Association, February 2011
- "International Arbitration," Duke University School of Law, October 2010
- "International Commercial Arbitration: What You Need to Know," American College of Trial Lawyers, Washington, D.C., September 2010
- "Antitrust Limits on Mediation: What Can and Cannot Be Done Under the Guise of Settlement," N.C. Bar Antitrust Section's Annual Meeting, April 2010
- "Arbitrating Complex Matters," N.C. Bar Antitrust Section's Annual Meeting, April 2010
- "Antitrust Law," N.C. Bar Antitrust Section, University of North Carolina at Chapel Hill
- "Arbitration: From a Local to a Global Perspective," Duke University School of Law
- "Social Media and Ethics," N.C. Bar Association

HONORS

- *North Carolina Lawyers Weekly* Hall of Fame, 2018



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- Woodward/White's *The Best Lawyers in America* "Lawyer of the Year" in Raleigh for Arbitration, 2015, 2017, 2019; Antitrust Law, 2013, 2016, 2018; Antitrust Litigation, 2014; Bet-the-Company Litigation, 2009
- Woodward/White's *The Best Lawyers in America* in Antitrust Law, 2009-2019; Arbitration and Antitrust Litigation, 2011-2019; Bet-the-Company Litigation, 2007-2019; Commercial Litigation, 2006-2019
- *Chambers USA: America's Leading Lawyers* in Litigation: General Commercial and Antitrust, 2007-2019
- *Benchmark Litigation*, Top 250 Women in Litigation, 2011-2018; Local Litigation Star in North Carolina, 2013-2019
- *North Carolina Super Lawyers* Top 100 Lawyers and Top 50 Women Lawyers, 2006-2019
- Supreme Court of North Carolina's Amicus Curiae Award, 2017
- *Business North Carolina* magazine's "Legal Elite" in Antitrust Law, 2005-2006 & 2008-2011, Hall of Fame and Top Vote-Getter, 2011, Litigation, 2005 & 2011
- North Carolina Symphony's Directors Award of Excellence, 2013
- *North Carolina Lawyers Weekly* 2013 Women of Justice Award
- *Triangle Business Journal's* Most Influential Business Leaders, 2012
- The North Carolina Bar Association's H. Brent McKnight Renaissance Lawyer Award, 2011
- *Business Leader* magazine's 2007 Women Extraordinaire
- Martindale-Hubbell AV® Preeminent™ in Antitrust & Business Torts; Intellectual Property Litigation; Alternative Dispute Resolution; Class Action Defense; Litigation; Commercial Litigation
- Phi Beta Kappa

MEMBERSHIPS

- TerraLex, Board of Directors, 2016-present; International Dispute Resolution Group, Co-Chair, 2012-present



Related Practices:

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- N.C. Chief Justice's Commission on the Administration of Law and Justice, Co-Chair, 2015-2017
- North Carolina Bar Association, Judicial Independence Committee, 2018-2019; President, 2014-2015; Board of Governors, 2007-2010
- North Carolina Community Foundation, Board of Directors, 2019-present
- Aerospace, Aviation and National Security Panel of Arbitrators (ICDR)
- American College of Trial Lawyers, Fellow, 2004-present; North Carolina State Committee, Chair, 2012-2013; International Committee, Chair, 2009-2011; Editorial Board, 2012-present
- Fourth Circuit Rules Committee, 2006-2008; Chair, 2008-2011
- Federal District Court for the Eastern District of North Carolina, Umbrella Local Rules Committee, 2011-2014
- ICDR Panel of Neutrals, 2009-present
- AAA National Roster of Neutrals, 2003-present
- Direct Women, Executive Committee, 2014-2015, Treasurer, 2018-present
- UNC Rex Healthcare, Inc., Board of Trustees, 2014-present
- North Carolina Symphony Foundation, Board of Directors, 2017-present
- North Carolina Symphony Society, Executive Committee, 2003-present; Treasurer, 2007-2009; Vice Chair, 2009; Chair, 2010-2013
- Wake County Bar Association and 10th Judicial District, President, 2007
- North Carolina Supreme Court Historical Society, President, 2008-2010
- Wake Forest Law Board of Visitors, 1998-2008, 2015-2016; Chair, 2001-2002
- Sanford, Adams, McCullough & Beard, Management Committee, Chair, 1988-1990
- Parker Poe Adams & Bernstein LLP, Management Committee, 1990-2001

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