

Ian Carmen

Associate

ian.carmen@bhgrlaw.com



Ian provides his clients with expert counsel throughout the life cycle of their legal issues, with an emphasis on efficiency and effective negotiation.

Ian is a mid-level associate of the firm's Litigation Practice Group. He has a proven track record of combining his interpersonal skills and tenacious advocacy to yield great results for a variety of clients.

Construction

Ian represents clients in all segments of the construction industry, including design-builders, general contractors, subcontractors, specialty contractors, homeowners, developers, and suppliers. Ian has also successfully orchestrated mechanic's liens, bond claims, and litigated construction disputes of all kinds, including those involving multi-million-dollar construction projects and residential construction defect actions under Colorado's Construction Defect Action Reform Act (CDARA). Ian was also an At-Large Council Member of the Colorado Bar Association's Construction Section from 2024-2026, and he is currently a sitting member of the Construction Section's Executive Council.

Commercial Litigation

Ian represents clients in cases involving business torts, corporate governance, fiduciary disputes, construction, and insurance coverage. Prior to joining the firm, Ian was employed by an award-winning national law firm and represented one of the world's largest grocery chains.

Civil Litigation

Ian represents individuals and businesses in state and federal courts and in national arbitration forums. Ian handles cases for both local and national plaintiffs and defendants, including those concerning construction, personal injury, breach of contract, breach of fiduciary duty, fraud, insurance coverage, residential and commercial leases, and residential and commercial real estate.

Education

J.D., University of Denver, Sturm College of Law

In law school, Ian worked in the Environmental Law Clinic and was a member of the Student Trial Lawyers Association.



B.A., University of New Mexico

Admissions

- Colorado
- New Mexico
- U.S. District Court, District of Colorado

Related Practices

- Construction
- Litigation

Associations

American Bar Association

Colorado Bar Association, Construction Section, Executive Council, secretary (2026-27)

Boulder County Bar Association

Out + About

When he is not practicing law, Ian loves being outdoors and enjoys hiking, skiing, bowhunting, camping, riding his motorcycle, and spending time with his dog, Axl. When he is forced to be indoors, you can find Ian watching his beloved Green Bay Packers.