

What is Casting for Recovery?

Casting for Recovery is a national non-profit support and educational program for women who have or have had breast cancer.

We provide an opportunity for women whose lives have been profoundly affected by the disease to gather in a beautiful, natural setting and learn to fly fish, "a sport for life." Just as important, we offer an opportunity to meet new friends and have fun.

Our weekend retreat incorporates counseling, educational services and the sport of fly fishing to promote mental and physical healing.

Founded in 1996, Casting for Recovery has been offering free retreats across the country to help women move forward in their recovery. We rely on local volunteers and organizations to support our community based retreats.

The retreats provide an avenue for social support and group interactions, reducing the feeling of isolation many survivors might have.

The dynamics of fly fishing provide a healing connection to the natural world, relieving everyday stressors and promoting a sense of calm. Fly fishing techniques provide a gentle exercise for joint and soft tissue mobility.

The retreats offer a forum for women with similar experiences to meet, learn a new skill and gain a respite from their everyday concerns in a natural setting where well-being can flourish.

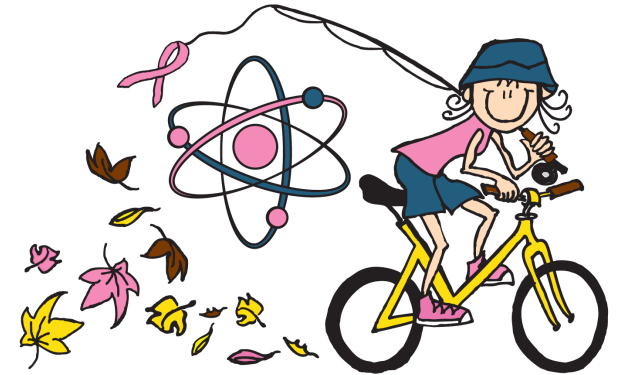


THANK YOU FOR YOUR SUPPORT



Special Thanks To:
Our Sponsors
Riders and Volunteers
Committee Members

Come and Ride



**Casting for Recovery's
10th Annual
Turning Leaf Tour**
Presented by



**Sunday
October 13, 2019**

**New Hope Visitors Center
601 Scarboro Rd.
Oak Ridge, TN**

**Registration
www.turningleaftour.com**

**Sunday
October 13, 2019
Oak Ridge, Tennessee**

CHECK-IN — 7:00 am

Opening Remarks — 8:30 am

Start — 8:45 am

START/FINISH:

NEW HOPE VISITORS CENTER @ Y-12
601 Scarboro Road
Oak Ridge, TN 37830
www.y12.doe.gov

EVENT DESCRIPTION:

The *Turning Leaf Tour* is a cycling event that will assist **Casting for Recovery** fund their annual retreat for women living in Tennessee, especially women living in East Tennessee, at no cost to the participant.

**We are going to try again to
ride thru Y-12 this year**

There will be **four routes**, all starting at the New Hope Center during the height of the beautiful fall colors. 4 Rest Stops.

1. The family ride will travel through ORNL to the west portal and return—9 miles.
2. For the more adventurous riders, you may enjoy a 33 mile ride through Anderson and Roane Counties.
3. For the more experienced riders, we offer a 51- and 65-mile courses through Anderson, Loudon, and Roane Counties.

ROUTE AND RACE INFORMATION:

www.turningleaftour.com



Ride photos will be available.

**REGISTER
ON-LINE**



www.turningleaftour.com

For Your Safety:

Helmets are required
No Helmet — No Ride!!!

No headphones, iPods or other music players are allowed while riding.

**We ride rain or shine!!!
We ride rain or shine!!!**

2020 CFR Retreat

**March 27-29, 2020
The Lodge at Buckberry Creek
Gatlinburg, TN**

How to apply for a retreat:

Women at any age and any stage of treatment and recovery from breast cancer who want to apply for the retreat in their service area can make a secure online application by visiting:

www.castingforrecovery.org
888-553-3500

**East Tennessee Retreat Application Deadline:
February 2, 2020**



Directions
New Hope Visitors Center
CNS Y-12



From Ashville:

1. Follow **I-40 W** to **TN-162 N/Pellissippi Pkwy.**
2. Take **Exit 376** for TN-162 N / Pellissippi Pkwy toward Oak Ridge
3. Cross the bridge over the river into Oak Ridge
4. Use the **right** two lanes to exit onto Bethel Valley Road toward Oak Ridge National Laboratory (the cemetery will be on your right).
5. Veer **right** at the traffic light onto Scarboro Rd.
6. **New Hope Center** will be on the left just before the traffic light at Union Valley Rd.
7. The sign will say Y-12 East Portal Rd and New Hope Visitors Center

From Nashville:

1. Follow **I-40 E** to **TN-58 N/Gallagher Rd**
2. Take **Exit 356** and turn **left** at the bottom of the ramp. (signs for Oak Ridge/US Dept of Energy/Oak Ridge Natl Lab/Y-12 National Security Complex)
3. **TN-58 N** will turn into **Oak Ridge Turnpike/TN-95N** and continue to Oak Ridge
4. Turn **right** onto **S. Illinois Ave** at traffic light **#12**
5. You will pass Ole Ben Franklin Motor s and Bojangles on the right.
6. Use the right 2 lanes to turn right onto Scarboro Rd. Stay in the **left lane.**
7. Turn **right** at the sign **to Y-12 East Portal/New Hope Visitors Center.**