

## 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.

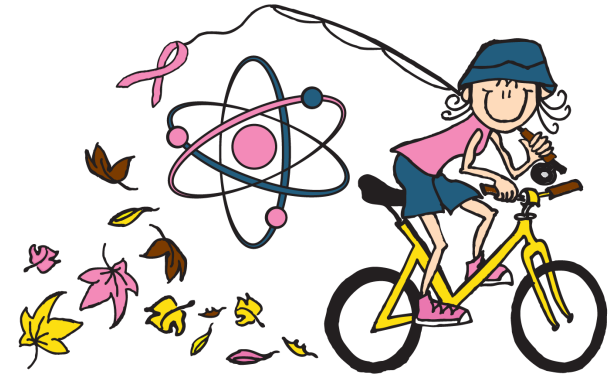


## THANK YOU FOR YOUR SUPPORT



Special Thanks To:  
Our Sponsors  
Riders and Volunteers  
Committee Members

## Come and Ride



## Casting for Recovery's 13th Annual Turning Leaf Tour

Sunday  
October 22, 2023

Protomet Corporation  
1010 Larson Dr.  
Oak Ridge, TN 37830

Registration  
[www.turningleaftour.com](http://www.turningleaftour.com)

**Sunday**  
**October 22, 2023**  
**Oak Ridge, Tennessee**

**CHECK-IN — 7:00 am**

**Opening Remarks — 8:30 am**

**Start — 8:45 am**

**START/FINISH:**  
**Protomet Corporation**

010 Larson Dr.  
Oak Ridge, TN 37830  
<https://protomet.com>

**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 have a new location and routes this year!**

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

1. The family ride will be an easy ride in Roane County.
2. For the more adventurous riders, you may enjoy a 30 mile ride through Loudon and Roane Counties.
3. For the more experienced riders, we offer a 49- and 62-mile courses through Anderson, Loudon, and Roane Counties.

**ROUTE AND RACE INFORMATION:**

**[www.turningleaftour.com](http://www.turningleaftour.com)**



Ride photos will be available.

**REGISTER  
ON-LINE**



**[www.turningleaftour.com](http://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!!!**

**2024 CFR Retreat**

**April 5-7, 2024**  
**Arrowmont School of Arts & Crafts**  
**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](http://www.castingforrecovery.org)**  
888-553-3500

**East Tennessee Retreat Application Deadline:**  
**February 9, 2024**



**Directions**  
**Protomet Corp.**  
**Oak Ridge, TN**



**From Ashville:**

1. Follow **I-40 W** to **I-140/TN-162 N/Pellissippi Pkwy.**
2. Take **Exit 376** toward **Oak Ridge**
3. Continue on TN-162 N toward Oak Ridge
4. Turn **right** onto **Bethel Valley Rd.**
5. Turn **left** onto Alvin Weinberg Dr.
6. Turn **left** onto Floyd Culler Ct.
7. Turn **right** onto Larson Drive
8. Follow the road to the end - **Protomet Corporation**

**From Nashville:**

1. Follow **I-40 E** toward Knoxville
2. Take **Exit 356, TN-58/Gallagher Rd** to Oak Ridge
3. Turn **Left** onto TN-58 and follow to Oak Ridge Turnpike
4. Turn **Left** on S. Illinois Ave.
5. Use the right 2 lanes to turn **right** onto Scarboro Rd
6. Turn **right** onto Bethel Valley Rd.
7. Turn **left** onto Alvin Weinberg Dr
8. Turn **right** onto Larson Drive
9. Follow the road to the end - **Protomet Corporation**

**From Oak Ridge:**

1. Via N Illinois Ave.
2. Use the **right 2 lanes** onto Scarboro Rd.
3. Turn **right** onto **Bethel Valley Rd**
4. Turn **left** onto Alvin Weinberg Dr.
5. Turn **right** onto Larson Drive
6. Follow the road to the end - **Protomet Corporation**