The **Phog Route** is 1 mile long, has no steep grades, and takes you along Irving Hill Rd. and down Sunnyside Ave. To begin, start at the Burge Union and head east. Continue across Naismith Dr. to Sunnyside Ave. and head towards the Dole Center. Once there, look to the south to see the newly completed tennis and sand volleyball courts. Then head back to the Burge Union to complete your mile.