



12th Annual MOC Volksmarch!

The American Council for Technology (ACT) & Stanley, Inc. are proud to host the 12th Annual Volksmarch in conjunction with the XXX Annual ACT Management of Change (MOC) in Philadelphia, PA, on Sunday, May 23, 2010, from 10 am – 1 pm, including No Host Lunch along the trail.

This is a FUN and FREE event that you can enjoy with your friends, family, and even your pet – as many participants have done in past years!

The Spirit of Walking – What is a Volksmarch?

A Volksmarch is named from its European origins and is a non-competitive 10-kilometer (6.7 mile) walk. It is not a pledge walk or a race, but a fun activity you do with a club, with your family, with your pet, or all by yourself. Today there are thousands of VOLKSSPORT clubs around the world, allied in the International VOLKSSPORT Federation, the IVV. See www.AVA.org for local Volksmarch clubs in your state!

Howard Ady, an ACT Past-President and Corporate Vice President, Stanley, Inc., and Army's Gary Wetterhall will lead the MOC attendees during this year's scenic 10K Volksmarch through the historic Old Town Philadelphia and many sites you'll recall from your American History classes in High School.

The walk starts at 10:00 am from the lobby of the Loews Philadelphia Hotel & will take about three hours.

The Liberty Bell Wanderers VOLKSSPORT Club of Philadelphia hosts our walk. For those of you with pets, please bring them along too! Since we will be in a warm locale please also bring along plenty of water for you and your pet! The Ady's 10 lb. Maltese, VALCOR, once lead us on our walking parade in New Orleans, so please do consider bringing your pet.

For those of you who cannot make the walk at this time, here is the contact information and starting point for the sponsoring club's year around walk. Simply ask one of the staff for the Volksmarch box and take a copy of the directions. For AVA club members, go ahead and register for credit and/or awards.

Philadelphia -West Walk (Historic/Cultural-Daily, dawn to dusk. The walk goes past grave of Benjamin Franklin, the Liberty Bell, Independence Hall (where the Declaration of Independence was signed), City Hall, various museums and the steps of the Art museum which the movie Rocky made famous. Run up the steps if you can (this is not part of the walk!). Walk along the Schuylkill River passing Boathouse Row and the lighthouse at Turtle Rock

Thank You! For more information about an AVA club in your area see: www.ava.org

For more information about this MOC event please contact Howard Ady at: 703.310.3210 (office), 202.262.8427 (cell), or Howard.Ady@StanleyAssociates.com

**ACT XXV Management of Change: Philadelphia, PA, VOLKSMARCH
May 23, 2010, 10 am – 1 pm**

LIBERTY BELL WANDERERS

Philadelphia Year Round Walk – These instructions are for the “West” Walk only – 10Km.

Points of interest – Penns Landing, Betsy Ross House, Christ Church, Ben Franklin Court, The Liberty Bell, City Hall, Rittenhouse Square, Moore College of Art, Philadelphia Museum of Art, and the Rodin Museum.

DIRECTIONS – Note we will walk from The Loews Philadelphia Hotel, 1200 Market Street to 4th and Arch Street (Holiday Inn) where the 10K walk begins.

[Directions from Loews Hotel to Holiday Inn:

Directions – Turns

1. Go 8 blocks east to 4th street and make left
2. Follow 4th St. one block to Arch Street and turn right to Holiday Inn on left.]

DIRECTIONS FOR THE 10K walk:

1. Leave Holiday Inn, turn left out of building, through parking area to Arch Street.
2. Turn right at 4th and Arch Streets. Cross 4th Street, cross Arch Street, continue on Arch Street; pass FIRE HOUSE and SEAMEN'S CHURCH INSTITUTE.
3. Continue on Arch, pass BETSY ROSS HOUSE AND COURTYARD. (Betsy Ross' grave inside courtyard) to 2nd Street.
4. At 2nd Street, turn right, cross Arch and continue on 2nd Street south, past CHRIST CHURCH (oldest church in Philadelphia, founded in 1695) to Market Street.
5. Cross Market, turn right. In the center of the block (between 3rd and 4th Streets) will be FRANKLIN COURT, a passageway that Ben Franklin used and a super structure of the house he lived in while a resident of Philadelphia. If you have time, stop in the buildings in front of the court, esp. the Post Office. Did you know Ben Franklin was the first Postmaster General?
6. Cross 5th Street at Market. Continue on Market to 6th Street (please note due to Security and construction, it will be difficult to visit the LIBERTY BELL PAVILION, but if you have time it's worth it.)
7. At 6th Street and Market, turn left, continue to Walnut Street.
8. Cross Walnut, walk diagonally through Washington Square toward center to "Freedom is a Light" (TOMB OF REVOLUTIONARY WAR SOLDIER)
9. **Checkpoint: What is the name of the Revolutionary War Soldier?**
10. Continue through WASHINGTON SQUARE to 7th Street (PNC bank on left) Continue on 7th Street for a short distance to Spruce Street.
11. Cross 7th, cross Spruce, turn right; pass PENNSYLVANIA HOSPITAL (Jewish Cemetery, built in 1740 directly across from hospital) Continue on Spruce to 9th Street. Turn left.
12. At 9th Street and Clinton, note: horse trough with "A merciful man is merciful to his beast." Cross 9th Street onto Clinton (homes on Clinton offer a fine example of 19th century architecture.) Continue on Clinton to 11th Street.
13. Cross 11th and turn left on LOUIS KAHN PARK. Walk diagonally through park to Pine Street, turn right at Pine Street.

14. Continue on Pine to Camac Street, turn right one short block to Panama Street. Turn left on Panama to 13th Street. (Note: Cobblestone streets and very small homes were fashionable during the 1700s.)
15. Turn left at 13th Street to Pine. Cross 13th Street and continue on Pine. (Note the many antique shops- this section of the city is called ANTIQUE ROW.) Continue on Pine; pass Broad Street (look up and to your right to CITY HALL, home of "Billy" Penn.)
16. Cross Broad Street, turn right. Pass Kimmel Center (**visit lobby**), university of arts and academy of music (tours tues-sat 12, 1, and 2pm are free.)
17. At Locust Street turn left to 18th Street. Cross 18th Street.
18. Enter RITTENHOUSE SQUARE. After about 50 yards, turn right and continue around path (keeping gazebo on left.)
19. **Checkpoint: Half way around Rittenhouse Square will be a sculpture of two children, what are they holding?**
20. Exit Park at 19th Street and Walnut. **Right onto Walnut to 18th & JFK Blvd. Right on 18th, passing Chestnut & Market streets to JFK Blvd. Cross JFK and Right to Comcast Bldg. (Restrooms downstairs). Watch large HD TV in Comcast Lobby – then return to Benjamin Franklin Parkway.**
21. Turn left onto Benjamin Franklin Parkway. Pass ACADEMY OF NATURAL SCIENCES, founded in 1812 and MOORE COLLEGE OF ART to 20th Street.
22. Cross 20th Street, turn right, cross Race Street, continue on 20th Street, pass THE FRANKLIN INST SCIENCE MUSEUM to Winter Street, Cross Winter and the first lane of Benjamin Franklin Pkway. Turn half left toward PHILADELPHIA MUSEUM OF ART.
23. Continue on "Parkway," to end of the path. CAUTION: Be very careful in crossing the Eakins Oval, there are no traffic lights at this crossing. After crossing, continue to Art Museum (keep parking lot on your right.)
24. (Philadelphia Museum of Art of America's third largest Art Museum with more than 300,000 paintings, sculptures, drawings, prints, decorative arts, furniture, period rooms and oriental art- an enjoyable visit if you have the time. The steps of the art museum were made famous in the movie "Rocky," feel free to run up to the top but this is not part of the walk.
25. **Checkpoint: How many columns are on the center of Art Museum Building?**
26. After viewing the statue and art museum, keeping statue on your left, continue on same path as it circles to the right (opposite the path approaching the Museum.) Before crossing at 25th & the parkway, look straight down the Parkway for another view of CITY HALL and Billy Penn.
27. Carefully cross 3 lanes of the Parkway on pedestrian walkway (be careful of oncoming traffic,) to outer left sidewalk of Parkway, turn onto the Parkway.
28. Pass the RODIN MUSEUM (largest collection of Rodin sculptures and drawings outside Paris, including "The Thinker," "The Burghers of Calais" and the "Gates of Hell," open tues-sun 10-5, donation)
29. Continue on Parkway to 20th Street, cross 20th Street, immediately turn right and cross Vine. At next intersection turn left; back onto the Parkway- continue around Logan Circle (Public Library on left) to 16th & Arch Streets. You will pass Cathedral of SS Peter and Paul on your left.
30. Cross 16th Street. Cross Arch Street, turn left diagonally through Kennedy Plaza (during warmer weather the fountain should be on.) Pass Love sculpture to 15th street. Turn right.
31. Cross Kennedy Blvd. and continue to Market St. (Philadelphia CITY HALL to your left.) At Market cross 15th toward City Hall.
32. Walk through the courtyard of City Hall (tours available 930-430 mon-fri) to Juniper, cross at juniper- stay on right hand side of the sidewalk.
33. Continue on Market to 7th Street- Marriott Hotel, Reading Terminal Building, The Gallery will be on the opposite side of the street.
34. **Checkpoint: What is the name of the building (SW corner 7th and Market) that Thomas Jefferson wrote the Declaration of Independence in?**
35. Cross Market at 7th (US FED BUILDING will be to your right) Walk one block to Arch (AFRO CULTURAL MUSEUM will be on the SW corner of 7th & Arch)

36. At Arch, turn right and cross 7th street. Continue on arch, passing US MINT. Stay on Arch, pass CHRIST CHURCH BURIAL GROUND (stop at fence, you will find the resting place of Benjamin Franklin, signer of the Declaration of Independence.)

37. Continue on Arch to 4th, you have just completed the Historical/Cultural walk through Philadelphia.

Directions from Holiday Inn back to the Loews Philadelphia Hotel:

Directions – Turns

1. Left from hotel
2. Go 1 Block to
3. Turn Right go 8 blocks to

Onto

- 4th Street
Market Street
1200 Market Street (Loews Philadelphia Hotel)

Thank you for walking the Philadelphia 10K West walk!

Howard Ady
Corporate Vice President, Federal Accounts
Stanley, Inc. (NYSE: SXE)
3101 Wilson Boulevard, Suite #721
Arlington, VA 22201
703.310.3210 Office
703.310.3291 Fax
202.262.8427 Cell
Howard.Ady@StanleyAssociates.com
www.StanleyAssociates.com

"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has." -- Margaret Mead