Train:

1. Take Regional Rail (R3) to Market Street East.
2. Walk up the steps toward 11th Street.
3. Cross over Market Street to get on the elevated line going East.
4. Get off at 5th Street. After climbing the steps, walk toward 4th Street.
5. Walk one block past KYW; look for the building with the blue and white banners.

You can check Septa's website for times for the R3:
http://www.septa.org/schedule.cgi?route=r3s&day=1