



SIMPLY IOA CORPORATE 5K RACE

SCHEDULE



THURSDAY MAY 4, 2023

NORTHBOUND SCHEDULE

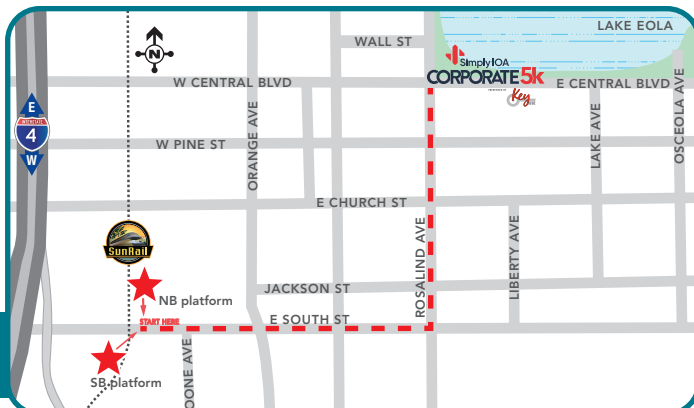
TRAIN NUMBER	P302	P304	P306	P308	P310	P312	P314	P316	P318	P320	P322	P324	P326	P328	P330	P332	P334	P336	P338	RUN 5K	P340
Poinciana	5:45 AM	6:15 AM	6:45 AM	7:15 AM	7:45 AM	8:15 AM	8:45 AM	10:45 AM	12:15 PM	1:15 PM	2:15 PM	3:15 PM	3:45 PM	4:15 PM	4:45 PM	5:25 PM	5:55 PM	6:25 PM	7:25 PM	-	9:55 PM
Kissimmee/Amtrak	5:53 AM	6:23 AM	6:53 AM	7:23 AM	7:53 AM	8:23 AM	8:53 AM	10:53 AM	12:23 PM	1:23 PM	2:23 PM	3:23 PM	3:53 PM	4:23 PM	4:53 PM	5:33 PM	6:03 PM	6:33 PM	7:33 PM	-	10:03 PM
Tupperware	6:00 AM	6:30 AM	7:00 AM	7:30 AM	8:00 AM	8:30 AM	9:00 AM	11:00 AM	12:29 PM	1:29 PM	2:30 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM	5:39 PM	6:09 PM	6:39 PM	7:39 PM	-	10:09 PM
Meadow Woods	6:06 AM	6:36 AM	7:06 AM	7:36 AM	8:06 AM	8:36 AM	9:06 AM	11:06 AM	12:34 PM	1:34 PM	2:36 PM	3:36 PM	4:06 PM	4:36 PM	5:06 PM	5:44 PM	6:14 PM	6:44 PM	7:44 PM	-	10:14 PM
Sand Lake Road	6:13 AM	6:43 AM	7:13 AM	7:43 AM	8:13 AM	8:43 AM	9:13 AM	11:13 AM	12:40 PM	1:40 PM	2:43 PM	3:43 PM	4:13 PM	4:43 PM	5:13 PM	5:50 PM	6:20 PM	6:50 PM	7:50 PM	-	10:20 PM
Orlando Health/Amtrak	6:20 AM	6:50 AM	7:20 AM	7:50 AM	8:20 AM	8:50 AM	9:20 AM	11:20 AM	12:47 PM	1:47 PM	2:50 PM	3:50 PM	4:20 PM	4:50 PM	5:20 PM	5:57 PM	6:27 PM	6:57 PM	7:57 PM	-	10:27 PM
Church Street	6:23 AM	6:53 AM	7:23 AM	7:53 AM	8:23 AM	8:53 AM	9:23 AM	11:23 AM	12:50 PM	1:50 PM	2:53 PM	3:53 PM	4:23 PM	4:53 PM	5:23 PM	6:00 PM	6:30 PM	7:00 PM	8:00 PM	9:15 PM	10:30 PM
LYNX Central Station	6:26 AM	6:56 AM	7:26 AM	7:56 AM	8:26 AM	8:56 AM	9:26 AM	11:26 AM	12:53 PM	1:53 PM	2:56 PM	3:56 PM	4:26 PM	4:56 PM	5:26 PM	6:03 PM	6:33 PM	7:03 PM	8:03 PM	9:18 PM	10:33 PM
AdventHealth	6:32 AM	7:02 AM	7:32 AM	8:02 AM	8:32 AM	9:02 AM	9:32 AM	11:32 AM	12:59 PM	1:59 PM	3:02 PM	4:02 PM	4:32 PM	5:02 PM	5:32 PM	6:09 PM	6:39 PM	7:09 PM	8:09 PM	9:24 PM	10:39 PM
Winter Park/Amtrak	6:39 AM	7:09 AM	7:39 AM	8:09 AM	8:39 AM	9:09 AM	9:39 AM	11:39 AM	1:06 PM	2:06 PM	3:09 PM	4:09 PM	4:39 PM	5:09 PM	5:39 PM	6:16 PM	6:46 PM	7:16 PM	8:16 PM	9:31 PM	10:46 PM
Maitland	6:47 AM	7:17 AM	7:47 AM	8:17 AM	8:47 AM	9:17 AM	9:47 AM	11:47 AM	1:13 PM	2:13 PM	3:17 PM	4:17 PM	4:47 PM	5:17 PM	5:47 PM	6:23 PM	6:53 PM	7:23 PM	8:23 PM	9:38 PM	10:53 PM
Altamonte Springs	6:53 AM	7:23 AM	7:53 AM	8:23 AM	8:53 AM	9:23 AM	9:53 AM	11:53 AM	1:18 PM	2:18 PM	3:23 PM	4:23 PM	4:53 PM	5:23 PM	5:53 PM	6:28 PM	6:58 PM	7:28 PM	8:28 PM	9:43 PM	10:58 PM
Longwood	6:57 AM	7:27 AM	7:57 AM	8:27 AM	8:57 AM	9:27 AM	9:57 AM	11:57 AM	1:22 PM	2:22 PM	3:27 PM	4:27 PM	4:57 PM	5:27 PM	5:57 PM	6:32 PM	7:02 PM	7:32 PM	8:32 PM	9:47 PM	11:02 PM
Lake Mary	7:03 AM	7:33 AM	8:03 AM	8:33 AM	9:03 AM	9:33 AM	10:03 AM	12:03 AM	1:28 PM	2:28 PM	3:33 PM	4:33 PM	5:03 PM	5:33 PM	6:03 PM	6:38 PM	7:08 PM	7:38 PM	8:38 PM	9:53 PM	11:08 PM
Sanford	7:10 AM	7:40 AM	8:10 AM	8:40 AM	9:10 AM	9:40 AM	10:10 AM	12:10 PM	1:35 PM	2:35 PM	3:40 PM	4:40 PM	5:10 PM	5:40 PM	6:10 PM	6:45 PM	7:15 PM	7:45 PM	8:45 PM	10:00 PM	11:15 PM
DeBary	7:18 AM*	7:48 AM*	8:18 AM*	8:48 AM*	9:18 AM*	9:48 AM*	10:18 AM*	12:18 PM*	1:43 PM*	2:43 PM*	3:48 PM*	4:48 PM*	5:18 PM*	5:48 PM*	6:18 PM*	6:53 PM*	7:23 PM*	7:53 PM*	8:53 PM*	10:08 PM	11:23 PM*

*This is the end of the line. View southbound schedule for return trips from DeBary.

SOUTHBOUND SCHEDULE

TRAIN NUMBER	P301	P303	P305	P307	P309	P311	P313	P315	P317	P319	P321	P323	P325	P327	P329	P331	P333	P335	P337	P339
DeBary	-	5:30 AM	6:00 AM	6:30 AM	7:00 AM	7:30 AM	8:00 AM	9:00 AM	10:00 AM	11:30 AM	12:30 PM	1:30 PM	3:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM	5:30 PM	6:50 PM	8:10 PM
Sanford	5:06 AM	5:36 AM	6:06 AM	6:36 AM	7:06 AM	7:36 AM	8:06 AM	9:06 AM	10:06 AM	11:36 AM	12:36 PM	1:36 PM	3:06 PM	3:36 PM	4:06 PM	4:36 PM	5:06 PM	5:36 PM	6:56 PM	8:16 PM
Lake Mary	5:13 AM	5:43 AM	6:13 AM	6:43 AM	7:13 AM	7:43 AM	8:13 AM	9:13 AM	10:13 AM	11:43 AM	12:43 PM	1:43 PM	3:13 PM	3:43 PM	4:13 PM	4:43 PM	5:13 PM	5:43 PM	7:03 PM	8:23 PM
Longwood	5:19 AM	5:49 AM	6:19 AM	6:49 AM	7:19 AM	7:49 AM	8:19 AM	9:19 AM	10:19 AM	11:49 AM	12:49 PM	1:49 PM	3:19 PM	3:49 PM	4:19 PM	4:49 PM	5:19 PM	5:49 PM	7:09 PM	8:29 PM
Altamonte Springs	5:23 AM	5:53 AM	6:23 AM	6:53 AM	7:23 AM	7:53 AM	8:23 AM	9:23 AM	10:23 AM	11:53 AM	12:53 PM	1:53 PM	3:23 PM	3:53 PM	4:23 PM	4:53 PM	5:23 PM	5:53 PM	7:13 PM	8:33 PM
Maitland	5:29 AM	5:59 AM	6:29 AM	6:59 AM	7:29 AM	7:59 AM	8:29 AM	9:29 AM	10:29 AM	11:59 AM	12:59 PM	1:59 PM	3:29 PM	3:59 PM	4:29 PM	4:59 PM	5:29 PM	5:59 PM	7:19 PM	8:39 PM
Winter Park/Amtrak	5:36 AM	6:06 AM	6:36 AM	7:06 AM	7:36 AM	8:06 AM	8:36 AM	9:36 AM	10:36 AM	12:06 PM	1:06 PM	2:06 PM	3:36 PM	4:06 PM	4:36 PM	5:06 PM	5:36 PM	6:06 PM	7:26 PM	8:46 PM
AdventHealth	5:43 AM	6:13 AM	6:43 AM	7:13 AM	7:43 AM	8:13 AM	8:43 AM	9:43 AM	10:43 AM	12:13 PM	1:13 PM	2:13 PM	3:43 PM	4:13 PM	4:43 PM	5:13 PM	5:43 PM	6:13 PM	7:43 PM	8:53 PM
LYNX Central Station	5:48 AM	6:18 AM	6:48 AM	7:18 AM	7:48 AM	8:18 AM	8:48 AM	9:48 AM	10:48 AM	12:18 PM	1:18 PM	2:18 PM	3:48 PM	4:18 PM	4:48 PM	5:18 PM	5:48 PM	6:18 PM	7:48 PM	9:03 PM
Church Street	5:51 AM	6:21 AM	6:51 AM	7:21 AM	7:51 AM	8:21 AM	8:51 AM	9:51 AM	10:51 AM	12:21 PM	1:21 PM	2:21 PM	3:51 PM	4:21 PM	4:51 PM	5:21 PM	5:51 PM	6:21 PM	7:51 PM	9:06 PM
Orlando Health/Amtrak	5:54 AM	6:24 AM	6:54 AM	7:24 AM	7:54 AM	8:24 AM	8:54 AM	9:54 AM	10:54 AM	12:24 PM	1:24 PM	2:24 PM	3:54 PM	4:24 PM	4:54 PM	5:24 PM	5:54 PM	6:24 PM	7:54 PM	9:09 PM
Sand Lake Road	6:03 AM	6:33 AM	7:03 AM	7:33 AM	8:03 AM	8:33 AM	9:03 AM	10:03 AM	11:03 AM	12:33 PM	1:33 PM	2:33 PM	4:03 PM	4:33 PM	5:03 PM	5:33 PM	6:03 PM	6:33 PM	8:03 PM	9:18 PM
Meadow Woods	6:09 AM	6:39 AM	7:09 AM	7:39 AM	8:09 AM	8:39 AM	9:09 AM	10:09 AM	11:09 AM	12:39 PM	1:39 PM	2:39 PM	4:09 PM	4:39 PM	5:09 PM	5:39 PM	6:09 PM	6:39 PM	8:09 PM	9:24 PM
Tupperware	6:14 AM	6:44 AM	7:14 AM	7:44 AM	8:14 AM	8:44 AM	9:14 AM	10:14 AM	11:14 AM	12:44 PM	1:44 PM	2:44 PM	4:14 PM	4:44 PM	5:14 PM	5:44 PM	6:14 PM	6:44 PM	8:14 PM	9:29 PM
Kissimmee/Amtrak	6:20 AM	6:50 AM	7:20 AM	7:50 AM	8:20 AM	8:50 AM	9:20 AM	10:20 AM	11:20 AM	12:50 PM	1:50 PM	2:50 PM	4:20 PM	4:50 PM	5:20 PM	5:50 PM	6:20 PM	6:50 PM	8:20 PM	9:35 PM
Poinciana	6:28 AM*	6:58 AM*	7:28 AM*	7:58 AM*	8:28 AM*	8:58 AM*	9:28 AM*	10:28 AM*	11:28 AM*	12:58 PM*	1:58 PM*	2:58 PM*	4:28 PM*	4:58 PM*	5:28 PM*	5:58 PM*	6:28 PM*	6:58 PM*	8:28 PM*	9:43 PM*

*This is the end of the line. View northbound schedule for return trips from Poinciana.



TO REGISTER FOR THE RACE
VISIT [TRACKSHACK.COM](https://trackshack.com)