

# Media Schedule 2021

**Our readers are great consumers of exercise equipment and sports articles. They are active in skiing, cycling and running. Our readers do not want to get in shape - they are in shape!**

## Ads 2021

**(Commercial advertisers)**

### Regular issues (14.000 copies)

2/1 page:	NOK 29.900
1/1 page:	NOK 18.000
1/2 page:	NOK 10.850
1/4 page:	NOK 6.150
1/8 page:	NOK 3.650

### Racecalendars (34.000 copies)

2/1 page:	NOK 55.650
1/1 page:	NOK 32.500
1/2 page:	NOK 17.500
1/4 page:	NOK 11.050
1/8 page:	NOK 6.450

### \*Oslo Marathon special

### \*Bergen City Marathon special

### \*Trondheim Marathon special

### \*Sentrumsløpet special

1/1 page:	NOK 32.500
1/2 page:	NOK 17.500

\* distributed continuously through the organizer's own social media and the organizer's newsletter (those who have consented). In addition, the special editions are published on kondis.no and Kondis' Facebook page.

### Winter

Contains more than 450 races in running and cross country skiing and other winter events. Distributed in 34.000 copies.

### Prices attachments

Kondis takes attachments, either loose or as part of the magazine. Price on request.

### All prices are inclusive colors

Price between NOK 300-500 for help completing advertisement

### Discount:

2 inserts	10% discount
3-4 inserts	15% discount
5-6 inserts	20% discount
7-9 inserts	25% discount

### Technical specifications

Format:	A4 (210 x 297 mm.)
Print area:	260 x 185 mm.
Paper:	115 g gloss cover 16 pages, 90 g gloss
Print:	Offset
Ads:	Print-ready PDF, images in 300 dpi. Colors in CMYK

### Ad Formats (with x height)

1/1 page:	210x297 mm + 5 mm
1/2 page:	190x130 mm + 90x270 mm
1/4 page:	90x130 mm eller 190x60 mm
1/8 page:	190x30 mm eller 90x60 mm

### Delivery:

Print-ready PDF, images in 300 dpi. Colors in CMYK

### Contact:

Trond Hansen  
Phone. 41 27 84 72  
E-mail: trond.hansen@kondis.no

Kondis is an organisation for runners, cross country skiers, cyclists and triathletes who put a lot of resources and time to participate in races and stay in a good shape. The organisation is a nonprofit organization which target is to encourage endurance training and competing. Kondis has 11 465 members per 11 2021



## Media Schedule 2021

Edition	Deadline	Distribution	Comments
1	14. jan	27. jan	
2	25. feb	10. mars	
3	29. april	12. mai	Race calendar summer 34.000 copies
4	29. april	12. mai	
5	10. june	23. june	
6	01. sept	15. sept	
7	14. oct	27. oct	
8	02. dec	15. dec	
9	02. dec	15. dec	Race calendar winter 34.000 copies

Edition	Deadline	Distribution	Comments
Special edition*	15. mars	1. apr. through 28. aug.	Digital edition Sentrumsløpet
Special edition*	15. mars	1. apr. through 24. apr.	Digital edition Bergen City Marathon
Special edition*	26. mai	1. jun. through 5. sept.	Digital edition Trondheim Maraton
Special edition*	25. juni	1. jul. through 18. sept.	Digital edition Oslo Maraton

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