

# Media Schedule 2022

**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 2022

**(Commercial advertisers)**

### Regular issues (14.000 copies)

2/1 page:	NOK 30.500
1/1 page:	NOK 18.900
1/2 page:	NOK 11.000
1/4 page:	NOK 6.400
1/8 page:	NOK 3.800

### Racecalendars

2/1 page:	NOK 57.900
1/1 page:	NOK 33.900
1/2 page:	NOK 18.000
1/4 page:	NOK 11.500
1/8 page:	NOK 6.750

**\*Holmenkollmarsjen special**

**\*Bergen City Marathon special**

**\*Trondheim Marathon special**

**\*Sentrumsløpet special**

1/1 page:	NOK 33.900
1/2 page:	NOK 18.000
1/4 page:	NOK 11.500

\* 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 11 536 members per 11 2022



## Media Schedule 2022

Edition	Deadline	Distribution	Comments
1	18. jan	2. feb	
2	8. mars	23. mars	
3	26. april	11. mai	
4	26. april	11. mai	Race calendar summer 20.000 copies
5	8. june	22. june	
6	31. aug	14. sept	
7	12. oct	26. oct	
8	29. nov	14. dec	
9	29. nov	14. dec	Race calendar winter 20.000 copies

Edition	Deadline	Distribution	Comments
Special edition*	25. feb	1. mars - 23. apr.	Digital edition Sentrumsløpet
Special edition*	1. mars	7. mars - 30. apr.	Digital edition Bergen City Marathon
Special edition*	15. july	1. aug - 3. sept.	Digital edition Trondheim Maraton
Special edition*	1. nov.	15. nov - 11. mar.	Digital edition Holmenkollmarsjen

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