

# Media Schedule 2023

**Our readers are great consumers of exercise equipment and sports articles. They are active in running, cycling and skiing. Our readers are beginners and experienced runners, young and old and elite athletes. They all want to get in shape!**

## Ads 2023

**(Organizer advertisers)**

### Regular issues (14.000 copies)

2/1 page: NOK 19.800  
1/1 page: NOK 11.500  
1/2 page: NOK 6.550  
1/4 page: NOK 3.950  
1/8 page: NOK 2.350

### Racecalendar (16.000 copies)

2/1 page: NOK 29.500  
1/1 page: NOK 18.500  
1/2 page: NOK 9.500  
1/4 page: NOK 5.950  
1/8 page: NOK 3.350

**\* Holmenkollmarsjen special**

**\*\* Bergen City Marathon special**

**\* Trondheim Marathon special**

**\* Sentrumsløpet special**

1/1 page: NOK 11.500  
1/2 page: NOK 6.550  
1/4 page: NOK 3.950

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

\*\* Print edition

## Winter

Contains more than 450 races in running and cross country skiing and other winter events. Distributed in 16.000 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 20% discount  
3-4 inserts 25% discount  
5-6 inserts 30% discount  
7-9 inserts 35% 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 recourses 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 11 572 members per 10.11 2022



## Media Schedule 2023

Edition	Deadline	Distribution	Comments
1	19. jan	3. feb	
2	9. mars	24. mars	
3	20. april	12. mai	
4	20. april	12. mai	Race calendar summer 16.000 copies
5	8. june	23. june	
6	31. aug	15. sept	
7	12. oct	27. oct	
8	30. nov	15. dec	
9	30. nov	15. dec	Race calendar winter 16.000 copies

Edition	Deadline	Distribution	Comments
Special edition*	25. mars	1. apr - 22. apr.	Digital edition Sentrumsløpet
Special edition*	1. april	28. apr - 30. apr.	Print edition Bergen City Marathon
Special edition*	15. june	1. july - 2. sept.	Digital edition Trondheim Maraton
Special edition*	15. dec.	05. jan - 17. feb.	Digital edition Holmenkollmarsjen

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