

# Media Schedule 2025

**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 2025

(Commercial ads)

### Regular issues (12.500 copies)

#### \*\*Bergen City Marathon (10.000 copies)

2/1 page:	NOK 32.500
1/1 page:	NOK 23.000
1/2 page:	NOK 14.000
1/4 page:	NOK 8.000
1/8 page:	NOK 5.000

### Racecalendar (14.000 copies)

2/1 page:	NOK 50.000
1/1 page:	NOK 35.000
1/2 page:	NOK 19.000
1/4 page:	NOK 12.500
1/8 page:	NOK 7.250

### \*Holmenkollmarsjen special

#### \*Sentrumsløpet special

1/1 page:	NOK 12.500
1/2 page:	NOK 7.500
1/4 page:	NOK 4.500
1/8 page:	NOK 7.250

\* distributed continously 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.

### Winter

Contains more than 450 races in running and cross country skiing and other winter events. Distributed in 14.000 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 11 645 members per 15.11 2024



## Media Schedule 2025

Edition	Deadline	Distribution	Comments
1	16. jan	31. jan	
2	6. mars	21. mars	
3	24. april	9. mai	
4	24. april	9. mai	Race calendar summer 14.000 copies
5	12. june	27. june	
6	21. aug	5. sept	
7	16. oct	31. oct	
8	4. dec	19. dec	
9	4. dec	19. dec	Race calendar winter 14.000 copies

Edition	Deadline	Distribution	Comments
Special edition*	28. mars	10. apr. - 26. apr.	Digital edition Sentrumsløpet
Special edition**	28. mars	24. apr. - 26. apr.	Print edition Bergen City Marathon
Special edition*	28. nov.	15. dec. - 1. mar	Digital edition Holmenkollmarsjen

\* distributed continously 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.

