

## RUNNING – the sporty running magazine

...reports on new trends, facts & figures of running, healthy living and nutrition. Detailed trainingplans, schedules and extensive equipment tests are one of the most important print and digital content.

Whether if absolute beginner or ultra runner – the reader gets exactly the information he needs for his personal progress.

National and international reports about running events, races, marathons, trailruns, obstacle races and urban runs ensure high entertainment value for the reader. Furthermore RUNNING is focusing on new products and trends about the running lifestyle.

An extensive network of experts of health professionals, nutritionists, physiotherapists and sport scientists offer each runner a wide range of knowledge every two month.



## PAGE FRACTION ADS

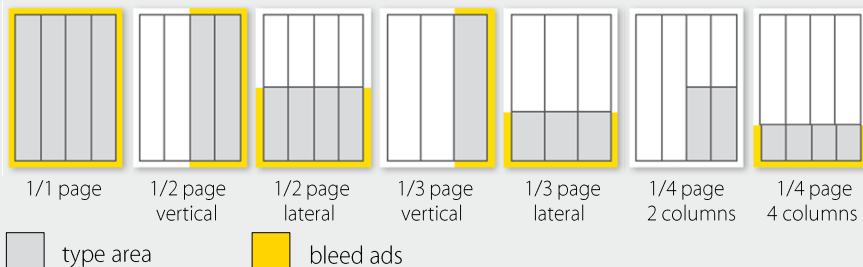
ADVERTISEMENT RATES			ADVERTISEMENT SIZES	
page fractions		basic price	type area (no trim)	bleed ads (+ 5mm trim all around)
		4c	width x height (mm)	width x height (mm)
2/1	inner part	12,960.00 €	400 x 277	420 x 279
1/1	inner part	6,480.00 €	190 x 277	210 x 297
1/2	vertical	3,240.00 €	092 x 277	105 x 297
	lateral		190 x 133	210 x 146
1/3	vertical	2,160.00 €	060 x 277	070 x 297
	lateral		190 x 092	210 x 097
1/4	2 columns	1,620.00 €	092 x 133	-
	4 columns		190 x 066	210 x 074

2nd cover page: additional 10% on the price of 1/1 page 4c

4th cover page: additional 15% on the price of 1/1 page 4c

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## SIZES PAGE FRACTION ADS



## DISCOUNT TABLE

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2 pages or more:	5%
4 pages or more:	10%
6 pages or more:	15%
8 pages or more:	22%
12 pages or more:	25%

## SCHEDULE 2019

issue	publication date	closing date ads/printing material
02/2019	January 16th, 2019	December 4th, 2018
03/2019	March 13th, 2019	February 1st, 2019
<i>Special Action</i>	<i>April 17th, 2019</i>	<i>March 14th, 2019</i>
04/2019	May 15th, 2019	April 3rd, 2019
05/2019	July 10th, 2019	June 1st, 2019
06/2019	September 11th, 2019	August 7th, 2019
<i>Special Health</i>	<i>October 9th, 2019</i>	<i>September 2nd, 2019</i>
01/2020	November 13th, 2019	October 7th, 2019

## EXAMPLES CONTENT



Technical information, ad specials and digital advertising please find here:

[Mediakit 2019](#)

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