

THE BIGGEST RUNNING MAGAZINE IN THE WORLD



### „Running doesn't run my life, it helps me run my life”

At Runner's World, we aim to inform, advise, educate, and motivate runners of all ages and abilities. We speak to men and women equally and we are about possibilities – not what you can't do, but rather what you CAN do.

Runner's World – personal advisor for runners. Here's how to do it:

- » How to train
- » How to get faster
- » How to eat better
- » How to find the right pair of shoes

### BASIC DATA

- » copy price: 12,99 PLN
- » frequency: bimonthly
- » print run: 21 533 pcs. (I-VII'2021)
- » distribution (average): 11 253 pcs. (I-VII'2021)




### WWW.RUNNERS-WORLD.PL

» PV (page views): 1 279 074

» UU (unique users): 138 569

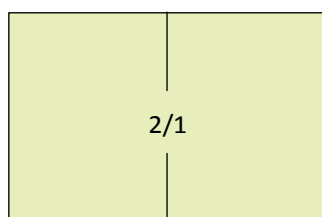
Statistics (January 2021; Google Analytics)

### SOCIAL MEDIA

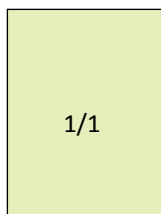
 70 583 fans

Data of 01.2021

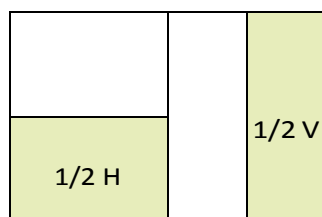
### PRICES AND DEADLINES 2021



4c 73 480 PLN (Advertising)  
94 270 PLN (Advertorial)



200 x 265 mm  
4c 41 580 PLN (Advertising)  
54 070 PLN (Advertorial)



1/2 H – 200 x 125 mm  
1/2 V – 98 x 265 mm  
4c 30 470 PLN (Advertising)  
38 830 PLN (Advertorial)

issue	orders	materials	publication
03-04/2022	2022-01-28	2022-02-04	2022-02-25
05-06/2022	2022-04-01	2022-04-08	2022-04-29
07-08/2022	2022-05-27	2022-06-03	2022-06-24
09-10/2022	2022-07-29	2022-08-05	2022-08-26
11-12/2022	2022-09-30	2022-10-07	2022-10-28
01-02/2023	2022-11-25	2022-12-02	2022-12-23

Ad rates in PLN (VAT not included). More ad formats upon request.

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### Sex

man	76%
woman	24%

### Age

under 15	1%
15-19	8%
20-29	43%
30-39	36%
40-49	10%
over 50	2%

### How long have you been running?

less than 6 months	20%
6-12 months	18%
1-2 years	26%
2-5 years	28%
5-10 years	5%
more than 10 years	3%

### How often do you run?

intermittently	6%
1-3 per week	45%
4-6 per week	46%
every day	3%

### Why do you run?

to keep fit	71%
to get rid of stress	52%
to prepare for competition	31%
to feel better	56%
to lose weight	47%
running is a part of another discipline training	9%
to know your possibilities	40%

### Household income per month

up to 5000 PLN	45%
5000-8000 PLN	30%
8000-12500 PLN	15%
12500-16500 PLN	7%
over 16500 PLN	3%

### How many pairs of running shoes are you buying a year?

1	59%
2	30%
3	8%
4+	3%



Source: Runner's World survey 2015