

20
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MEDIA KIT

The exclusive Bellevue Club magazine with prime distribution in the greater Seattle area's fastest growing market—the Eastside.



REFLECTIONS

EDITORIAL

Reflections is a bi-monthly publication that celebrates all aspects of wellness—fitness, nutrition, beauty, family life—through the lens of the Bellevue Club community.

6

ISSUES

JANUARY/FEBRUARY
MARCH/APRIL
MAY/JUNE
JULY/AUGUST
SEPTEMBER/OCTOBER
NOVEMBER/DECEMBER

EDITOR'S LETTER | *An introduction to each issue*
COMMUNITY NEWS | *Important notes from the Club*
MEMBER PROFILE | *An in-depth member interview*
WELLNESS | *Health-related advice and tips*
FITNESS | *Workouts for the whole family*
REFLECTIONS | *Snapshots of life at the Club*



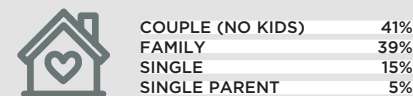
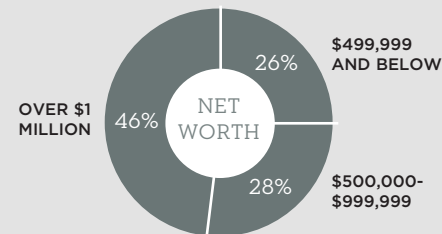
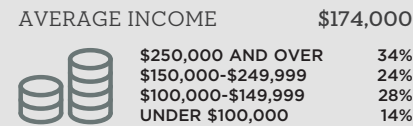
MEDIA KIT | 2026

REFLECTIONS

For more information, contact **Debbie Brickman**,
Vernon Publications, LLC at debbie@vernonpublications.com or **425.488.3211**.



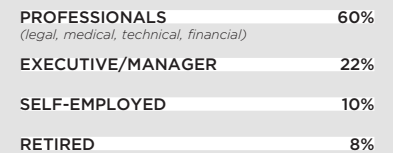
READERSHIP PROFILE



TIME READING REFLECTIONS

SPEND 15 MINUTES OR MORE 68%

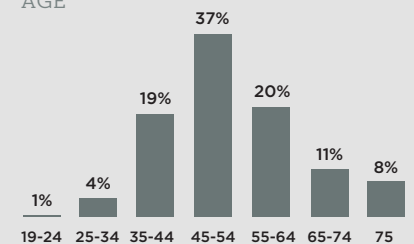
MAGAZINE RETAINED ONE MONTH 90%



79%
ARE COLLEGE GRADUATES.

36%
HAVE AN ADVANCED DEGREE.

AGE



READERSHIP BY CITY

BELLEVUE	52%
MERCER ISLAND	13%
KIRKLAND	10%
MEDINA	7%
CLYDE HILL	5%
ISSAQUAH	4%
REDMOND	3%
SAMMAMISH	3%
NEWCASTLE	2%
OTHER	1%

TESTIMONIAL

"Team Foster is proud to be a longstanding advertiser in the Bellevue Club Reflections magazine. I was one of the early advertisers when the BCRM was just being published. All of these years later, we continue to find this publication to be one of the most effective - targeting a specific & key demographic for our business. Even during the economic downturn, when we had to make tough marketing budget choices, we never considered cutting back on our space in BCRM. It's that relevant of a publication and one of the best marketing tools we have."

-Tere Foster, Founding Member and Broker at Compass Real Estate

ANNUAL CONSUMER EXPENDITURE INDEX

The index number is the ratio of how much more than average our readers spend on each type of item or activity.

LIFESTYLE

Social/recreation/civic club membership	2.00
Admission fees for entertainment	1.40
Admission to sporting events	1.50
Travel	1.50
Dining out	1.45
Tuition/school supplies	1.75

HOME

Women's apparel	1.30
Men's apparel	1.35
Other apparel products and services	1.60
Household furnishings and furniture	1.85
Major household appliances	1.30
Pet expenses	1.15

AUTOS AND BOATS

New cars	1.40
New trucks	1.35
Boats and equipment	1.35
New motorcycles	1.05

ELECTRONICS

Home theater	1.70
Computers and accessories	1.75
Internet/wireless services	1.25

RECREATION

Indoor sports equipment	1.60
Outdoor sports equipment	1.20

CONTRIBUTIONS

To religious organizations	1.50
To political organizations	2.35
Cash support to college student	1.95
Gifts to persons not in consumer unit	2.30
To education institutions	2.75
Other	1.45

ALCOHOL

Beer and ale away from home	1.25
Wine away from home	1.60
Other alcoholic beverages away from home	1.35
Whiskey at home	1.15
Wine at home	1.50
Other alcoholic beverages at home	1.20

TOTAL CONSUMER EXPENDITURE INDEX	1.25
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2026 DEADLINES & RATES



DISPLAY ADVERTISING RATES

4-Color Process Rates

* prices are per issue

	1-2X	3-5X	6X
Double Truck	\$3810	\$3160	\$2510
Back Outside Cover	3270	2510	1860
Inside Cover (page 2)	2840	2290	1740
Back Inside Cover	2730	2180	1640
Page 3	2730	2180	1640
Page 5	2400	1960	1530
Page 7	2400	1960	1530
Page 9	2400	1960	1530
Page 11	2400	1960	1530
Page 13	2400	1960	1530
Full Page	1960	1640	1310
1/2 Page	1420	1130	820

Specific page assignments are determined by editorial staff.

Other Rate Information

No extra charge for bleeds. Frequency discounts noted above may be earned with any combination of ad sizes. Covers are non-cancelable. Inserts, belly bands, and polybags are available, call to request a quote.

PUBLICATION & CLOSING DATES

Reflections magazine is published bi-monthly and is issued on the first day of the month.

	RESERVATION DEADLINE	CAMERA-READY AD DEADLINE
January/February	11/18/25	12/5/25
March/April	1/17/26	2/3/26
May/June	3/18/26	4/6/26
July/August	5/18/26	6/4/26
September/October	7/17/26	8/4/26
November/December	9/18/26	10/5/26

AD SPECIFICATIONS

AD SIZES

SIZE (in inches)	WIDTH x DEPTH
Double Truck	16.75 x 11
Full Page Bleed	8.5 x 11
1/2 Page Vertical	3.5 x 9.625
1/2 Page Horizontal	7.25 x 4.625
1/4 Page	3.5 x 4.625

PRINTING PROCESS

Reflections is printed using four-color CMYK process colors only. The publication has a trim size of 8 1/4" x 10 3/4".

Please keep live matter 1/8 inch from trim.

SPECIFICATIONS

Digital art is required. A production fee will be charged to bring an ad up to publication standards.

DIGITAL REQUIREMENTS

Acceptable Platforms and Software

Files may be produced on Mac or PC platforms using Adobe Photoshop, Illustrator, InDesign or Acrobat.

Submitting Artwork

Please send ad files to ads@vernonpublications.com or contact your sales rep for FTP login credentials.

Fonts

Include both screen and print versions of all fonts; include a complete list of all fonts used to create your document.

Photos/Graphics

Include all graphics used in document. Photos must be high resolution (300 dpi) CMYK or grayscale TIFFs or EPSs. Images should not be scaled more than 115 percent to maintain image quality. Please do not submit JPEG or GIF files.

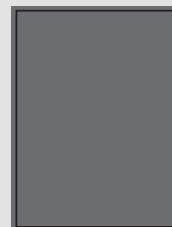
PDF Artwork

PDF must be "press" optimized with fonts embedded. Bleeds must be called out and crop marks off-set 1/4 inch. Graphics must be 300 dpi.

DOUBLE TRUCK
PLUS 1/8" BLEED



FULL PAGE TRIM
PLUS 1/8" BLEED



1/2 PAGE
VERTICAL



1/2 PAGE
HORIZONTAL

