

### Supplementary material

Table A1. Verified Participation-Based Sport Events Used in the Analysis (Event Months, 2018–2025)

Month	Year	Event	Scale	Location	Source
May	2018	Maratona e Ditës së Dëshmorëve "5 Maj"	National	Durrës	maratonalbania.al
October	2018	Tirana Marathon (3rd edition)	International	Tirana	tiranatimes.com
May	2019	Maratona e Ditës së Dëshmorëve "5 Maj"	National	Durrës	maratonalbania.al
October	2019	Tirana Marathon (4th edition) — 13 Oct 2019	International	Tirana	ata.gov.al
May	2020	✗ Not held (COVID-19)	—	—	—
October	2020	✗ Not held (COVID-19)	—	—	—
May	2021	✗ Not documented	—	—	—
October	2021	Tirana Marathon (5th edition)	International	Tirana	tiranamarathon.com
May	2022	Maratona e Ditës së Dëshmorëve "5 Maj"	National	Durrës	maratonalbania.al
October	2022	Tirana Marathon (6th edition) — 23 Oct 2022	International	Tirana	albaniandailynews.com
May	2023	Maratona e Ditës së Dëshmorëve "5 Maj"	National	Durrës	maratonalbania.al
October	2023	Tirana Marathon (7th edition) — 22 Oct 2023	International	Tirana	tiranamarathon.com
May	2024	Maratona e Ditës së Dëshmorëve "5 Maj"	National	Durrës	maratonalbania.al

October	2024	Tirana Marathon (8th edition) — 20 Oct 2024	International	Tirana	tiranamarathon.com
May	2025	Maratona e Ditës së Dëshmorëve "5 Maj"	National	Durrës	maratonalbania.al
October	2025	Tirana Marathon (9th edition) — 19 Oct 2025	International	Tirana	tiranamarathon.com

Note. Event months coded 1 in the analysis are highlighted. Months coded 0 (COVID-19 disruptions; undocumented events) are shown with ✕. Sources: maratonalbania.al; tiranamarathon.com; ata.gov.al; albaniandailynews.com; tiranatimes.com.

Table A2. Major International Sporting Events Hosted in Albania 2018–2025 (Excluded from Main Analysis)

Month	Year	Event	Scale	Location
May– Jun	2022	European Senior Weightlifting Championships (100th ed.) — 28 May–5 Jun	European (40 countries, 500+ athletes)	Tirana
Mar– Apr	2023	IWF World Youth Weightlifting Championships — 25 Mar–1 Apr	World (57 countries)	Durrës
Oct	2024	U23 World Wrestling Championships — 21–27 Oct + World Wrestling Championships — 28–31 Oct	World (117 countries, 2,300+ athletes)	Tirana
May	2025	Giro d'Italia (Stages 1–3 in Albania) — 9–11 May	Mega-event (UCI WorldTour)	Durrës / Vlorë

Note. These events were excluded from the event variable due to their elite-participant profile, spectator orientation, and scale, which differ substantially from the participation-based endurance events under study. Their exclusion is discussed as a limitation in the Discussion section.