Privacy Policy – SelfRace

Last updated: January 29, 2026

1. Overview

SelfRace is a personal training analytics application designed to help endurance athletes analyze their own training data and long-term performance trends. We respect user privacy and process personal data only to deliver analytics and coaching features requested by the user.

SelfRace is a private, self-comparison tool. There are no social features, leaderboards, or comparisons with other athletes.

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2. Data We Collect & Legal Basis

By connecting your Strava account, you provide explicit consent for SelfRace to access and process the following data solely for training analytics purposes:

Data accessed from Strava:

- Activity Metrics: Distance, duration, sport type, pace, elevation gain, cadence, power, effort metrics, and timestamps.

- Physiological Performance Metrics: Heart rate and derived workload indicators used exclusively for performance and recovery analysis.

- Account Identifiers: Strava Athlete ID and email address (used only for authentication and account management via Supabase).

Data we do NOT use:

- We do not store or display precise GPS routes or location maps.

- We do not process social data (followers, clubs, comments).

- We do not access private messages or non-training-related content.

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3. How We Use Your Data

Your data is used exclusively to:

- Calculate personal training metrics (e.g. training load, intensity distribution, weekly trends).

- Correlate Strava activity data with optional user-entered recovery inputs (HRV, sleep, notes).

- Generate private performance summaries and long-term insights.

Data Protection Principles:

- Private by Design: Your data is visible only to you.

- No Sharing: Data is never shared with other users.

- No Selling: We do not sell, rent, or monetize personal data.

- Read-Only Access: SelfRace never modifies or writes data back to Strava.

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4. AI & Automated Processing

SelfRace uses automated analysis (AI-assisted logic via private APIs) to generate training insights.

- User-Centric Processing: AI is used only to interpret the user's own statistics for their private dashboard.

- No Model Training: User data is not used to train global machine learning models. We exclusively use enterprise-grade API tiers.

- Minimal Retention: Data sent for AI analysis is processed for real-time inference only and is not stored by the AI provider beyond the processing window.

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5. Data Storage & Retention

We apply a data-minimization strategy to ensure compliance with Strava's platform policies.

Granular Activity Data (Streams, Laps, Splits):

- Detailed activity data is cached temporarily to support deep-dive analysis.

- Retention period: Automatically deleted after seven (7) days.

Activity Summaries & Trends:

- High-level activity metadata (summaries) is stored for up to 90 days to support long-term performance trend calculations (e.g., CTL/ATL).

- Aggregated insights (e.g., weekly totals) are stored in a form that cannot be reverse-engineered into individual granular activities.

Account Disconnection & Deletion:

- Disconnection: If you disconnect your Strava account, all Strava-derived activity data and calculated metrics are immediately and permanently deleted from our servers. To protect API resources, a 24-hour cooldown period applies before reconnection is allowed.

- Account Deletion: Upon request to delete your SelfRace account, all data is purged immediately, with a 7-day grace period for account recovery before permanent removal of settings and preferences.

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6. Your Rights (GDPR)

If you are located in the EU, you have the right to:

- Access the data we store about you.

- Request correction or deletion of your data.

- Withdraw consent at any time by disconnecting Strava.

- Request full account removal ("right to be forgotten").

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7. Third-Party Services

SelfRace relies on a limited set of trusted service providers:

- Strava API – activity data access based on user consent.

- Supabase – authentication and secure data storage.

- AI Providers (Enterprise APIs) – used only for private inference, with no training on user data.

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8. Contact

If you have any questions about this Privacy Policy or your data, contact: patrikmbontar@gmail.com