

Terms of Service – SelfRace

Last updated: January 29, 2026

1. Acceptance of Terms

By creating an account and using the SelfRace application, you agree to be bound by these Terms of Service. If you do not agree, do not use the application.

2. No Medical or Professional Advice (Disclaimer)

SelfRace is NOT a medical device, a licensed medical provider, or a professional coach.

- **Informational Purposes Only:** All analytics, insights, and training load indicators provided by SelfRace are for informational and educational purposes only.
- **Consult a Professional:** You should consult with a physician or a qualified healthcare professional before starting any new exercise program, especially if you have any pre-existing medical conditions.
- **Listen to Your Body:** Automated insights cannot replace your personal judgment or the advice of a medical professional. Never disregard professional medical advice or delay seeking it because of something you have seen in this application.

3. Assumption of Risk & Liability

- **User Responsibility:** You acknowledge that endurance training and high-intensity exercise involve inherent risks of injury or death. You voluntarily assume all known and unknown risks associated with your training.
- **Limitation of Liability:** To the maximum extent permitted by law, SelfRace and its developers shall not be liable for any injuries, health problems, damages, or losses (including but not limited to physical injury, cardiac arrest, or overtraining syndrome) resulting from your use of the application or reliance on its data.
- **Accuracy of Data:** While we strive for accuracy, SelfRace depends on data from third parties (Strava) and user inputs. We do not guarantee that the analytics or AI-generated insights are 100% accurate or error-free.

4. Data Management & Disconnection

- **Disconnection Policy:** If you choose to disconnect your Strava account, SelfRace will immediately and permanently delete all historical activity data and analytical insights derived from Strava from our active database. This action is irreversible.

- API Cooldown Period: To ensure service stability and prevent API abuse, users who disconnect their Strava account are subject to a 24-hour cooldown period before they can reconnect.
- Re-connection Limitations: Upon reconnection, the application will perform a fresh synchronization of recent history (typically the last 7 days) to rebuild the training dashboard.

5. Use of AI Insights

SelfRace uses automated analysis to provide training feedback. These insights are generated based on historical metadata and do not account for real-time environmental factors, hidden illnesses, or psychological stress. You are solely responsible for how you interpret and act upon these insights.

6. Termination of Service

We reserve the right to modify or terminate the service at any time. You may delete your account or disconnect from Strava at your discretion. Account deletion includes a 7-day grace period for profile settings, though Strava-derived data is purged immediately upon the request.

7. Governing Law

These terms are governed by the laws of the Slovak Republic. Any disputes shall be resolved in the competent courts of the Slovak Republic.