Strava, MapMyRun, and other activity trackers

Why can these apps be dangerous

The main issue with the Strava and other similar activity tracker apps is they can potentially give away where you live. This is because a lot of people start their runs and cycles from their house and then post their run online for anybody to see.

Furthermore there have been a few cases in the news recently where people have had their bikes stolen because they're posting both pictures of their expensive bikes and where they live.

Make Strava private

Making Strava private is easy.

1. Go to the website, hover over your picture in the top right, and press settings
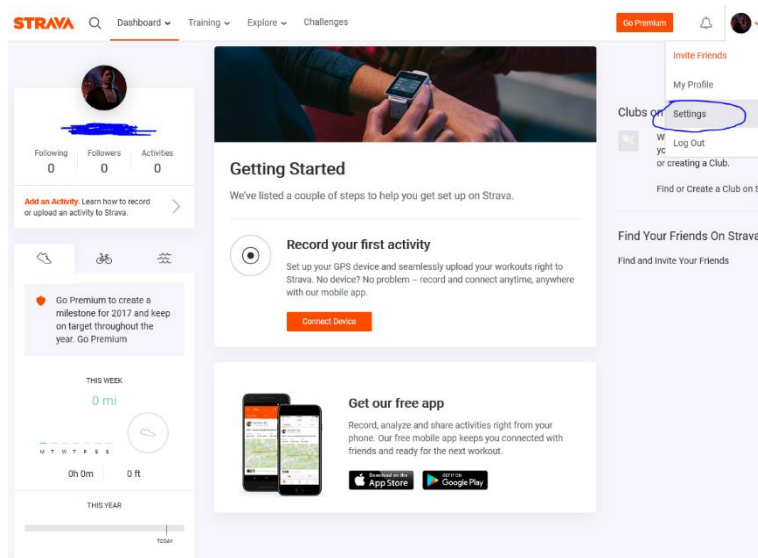
2. Click the privacy tab on the left and you'll see the privacy settings

STRAVA Dashboard ⌄ Training ⌄ Explore ⌄ Challenges   Go Premium

Privacy

Enhanced Privacy Mode
Off

Who can see your activity on Strava Labs Flyby?
Everyone

Who can see your Training Log?
Nobody

Hide your house/office on your activity maps

Enter a location below to have it hidden on your activity maps. If your activity starts or ends within a 500m-1km radius of the address, the start and/or end of the activity will be hidden from other users.

Please note that if a segment begins or ends within your privacy zone, you will no longer appear on that segment leaderboard and any achievements you held for that segment will be removed. Learn More

Enter address here [ ] Create Privacy Zone

Your Hidden Locations

You don't have any hidden locations.

Private Activities

☑ Make my activities private by default. Any activity can be made public after it has been uploaded. Learn more.

Group Activity Enhanced Privacy

☐ Only your followers and athletes you follow can see that you were part of a group activity. Learn more.

My Account

Email
Change Email & Password

Membership Status
Free Account

Upgrade to Premium

Social Connections

Connect with Garmin
Automatic uploads and Strava Live Segments

Connected as
Disconnect

Connect with Google
Authenticate with your Google account

Connect with Instagram
Share your photos

Connect with Jawbone UP
Share your Strava activities on Jawbone

Connect with MyFitnessPal
Share your Strava activities on MyFitnessPal

Download your data

3. Update your settings as shown below. This:

   a. turns on enhanced privacy mode

   b. makes your flybys private

   c. makes your activities private

   d. makes your group activities private.

   e. makes your house a private location so can't be seen.

STRAVA Dashboard ⌄ Training ⌄ Explore ⌄ Challenges   Go Premium

My Profile
My Account
My Performance
Display Preferences
Privacy
Email Notifications
My Gear
My Badges
X-Features

Privacy

Enhanced Privacy Mode
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Hide from Segment Leaderboards

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Share your Strava activities on Jawbone

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Share your Strava activities on MyFitnessPal

Download your data

Download all your activities

Delete Strava

To delete Strava just press the deactivate button at the bottom of the privacy settings page

Make MapMyRun private

1. Go onto MapMyRun, click on your picture in the top right, then pick settings

2. Make sure that your account is only available to friends

MY PROFILE

ABOUT ME

USER ACCOUNT

MEMBERSHIP

DISPLAY / UNITS

PRIVACY

CONNECT

EMAIL SETTINGS

SAVE

PROFILE PRIVACY SETTINGS

Privacy Level *

Friends. Share With All My Friends

☑ Allow other users to find me by my email address

ACTIVITY PRIVACY SETTINGS

By default my routes are *

Friends. Share With All My Friends

By default my workouts are *

Friends. Share With All My Friends

By default my workout music is *

Private. Do Not Share

SLEEP AND BODYMASS SETTINGS

By default my sleep data is *

Private. Do Not Share

By default my bodymass data is *

Private. Do Not Share

SAVE

Required

--End--