

Strava, MapMyRun, and other activity trackers

Why can these apps be dangerous

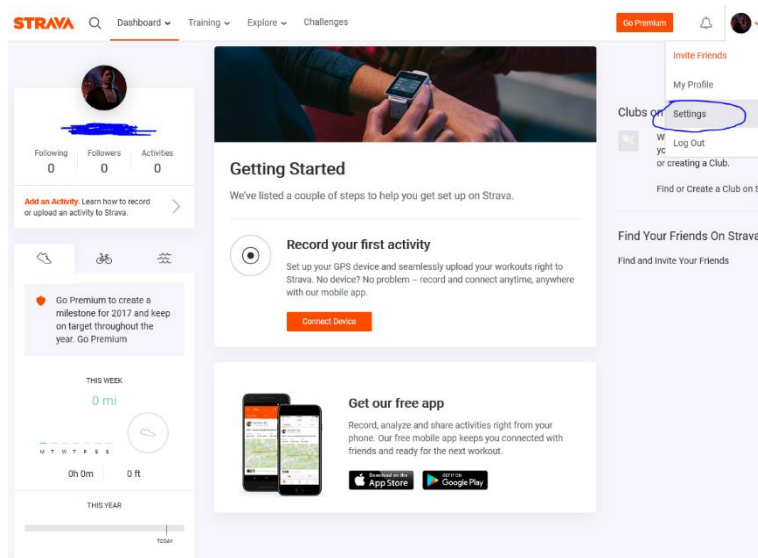
The main issue with the Strava and other similar activity tracker apps is they can potentially give away where you live. This is because a lot of people start their runs and cycles from their house and then post their run online for anybody to see.

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

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

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

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 \[redacted\]](#)
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

[Download all your activities](#)

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.

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Delete Strava

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

Deactivate Account

Upon deactivation, all of your activities will be deleted and you will be removed from all leaderboards. **THIS CANNOT BE UNDONE.**

I understand that I will not be able to recover my activities upon deactivation.

Account Password

Deactivate Account

Make MapMyRun private

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

The screenshot shows the MapMyRun website interface. At the top right, there is a user profile picture with a black arrow pointing to it. A dropdown menu is open, showing options: Friends, Devices, Support, Settings, and Logout. A black box highlights the 'Settings' option, with another black arrow pointing to it. Below the menu, there are buttons for 'Edit Profile' and 'Find Friends'. The main content area shows 'MY DASHBOARD' with statistics for Distance (0.0 km), Duration (00:00), Calories (0), and Workouts (0). There is also a 'Maps & Driving Directions' section with a 'Get Directions' button. At the bottom, there are links for 'Shop Under Armour.com' and a Facebook 'Like 238K' button.

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

- MY PROFILE
- ABOUT ME
- USER ACCOUNT
- MEMBERSHIP
- DISPLAY / UNITS
- PRIVACY**
- CONNECT
- EMAIL SETTINGS

PROFILE PRIVACY SETTINGS

SAVE

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--