

1. Introduction

Greg Frank Running Coach LLC (“Company,” “we,” “us,” or “our”) respects your privacy and is committed to protecting your personal information.

This Privacy Policy explains how we collect, use, disclose, and safeguard your information when you visit our website <https://www.gregfrankrunningcoach.com> (the “Website”) or use our coaching services.

By using our Website or Services, you consent to the practices described in this policy.

2. Information We Collect

We may collect the following types of information:

a. Personal Information

Information you voluntarily provide, including:

- Name, email address, phone number, and mailing address
- Date of birth and emergency contact (for liability and waiver purposes)
- Payment details (processed securely by third-party payment providers)
- Fitness-related information (e.g., training goals, race history, or health disclosures for coaching customization)

b. Automatically Collected Information

When you visit the Website, we may automatically collect:

- IP address and browser type
- Device and operating system details
- Usage data (pages visited, time on page, referral source)

c. Cookies

We use cookies and similar technologies to enhance your user experience, analyze traffic, and remember preferences. You can disable cookies in your browser settings, but some features of the Website may not function properly.

3. How We Use Your Information

We may use your information to:

- Provide and manage your coaching services, subscriptions, or training plans
 - Process payments and send transaction confirmations
 - Communicate about updates, sessions, or Q&A events
 - Send newsletters, promotions, or announcements (you may opt out anytime)
 - Improve our Website, services, and user experience
 - Comply with legal obligations or respond to lawful requests
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4. Sharing of Information

We do not sell your personal information.

We may share limited data only with:

- **Service providers** (e.g., Wix, PayPal, Stripe, Zoom, Google, email platforms) to deliver our services
- **Legal authorities** if required by law or to protect rights, property, or safety
- **Successors** in the event of a business transfer, merger, or sale

All third-party providers are required to handle data in accordance with applicable privacy laws.

5. Data Retention

We retain your personal information as long as your account is active or as needed to provide our services, comply with legal obligations, resolve disputes, or enforce agreements.

6. Data Security

We use commercially reasonable safeguards to protect your data from unauthorized access, disclosure, or misuse. However, no online transmission or storage system is completely secure.

7. Your Rights

Depending on your location, you may have rights to:

- Access, correct, or delete your personal information
- Withdraw consent for marketing communications
- Request data portability or a copy of your stored information

You can exercise these rights by contacting us at **gregfrankrunningcoach@gmail.com**.

8. Children's Privacy

Our services are not directed to individuals under 18. We do not knowingly collect information from minors. If you believe a child has provided personal data, please contact us for deletion.

9. International Data Transfers

If you access the Website from outside the United States, your information may be transferred to and processed in the United States under U.S. privacy laws.

10. Changes to This Policy

We may update this Privacy Policy from time to time. Changes will be posted on this page with an updated “Last updated” date. Continued use of the Website after changes are posted constitutes acceptance.

11. Contact Us

If you have any questions or concerns about this Privacy Policy, please contact:

Greg Frank Running Coach LLC

Email: gregfrankrunningcoach@gmail.com