# StravaAPILibary Documentation

Welcome to the comprehensive documentation for StravaAPILibary, a powerful .NET library for interacting with the Strava API.



### **Quick Start**

Get up and running in minutes:

```
using StravaAPILibary.Authentication;
using StravaAPILibary.API;
// Set up credentials
var credentials = new Credentials("your_client_id", "your_client_secret",
"read,activity:read_all");
// Authenticate
var userAuth = new UserAuthentication(credentials, "http://localhost:8080/callback",
"read,activity:read_all");
userAuth.StartAuthorization();
// Exchange code for token
bool success = await userAuth.ExchangeCodeForTokenAsync("your_auth_code");
if (success)
{
    string accessToken = credentials.AccessToken;
   // Make API calls
   var activities = await Activities.GetAthletesActivitiesAsync(accessToken);
   var profile = await Athletes.GetAuthenticatedAthleteProfileAsync(accessToken);
}
```

#### Documentation Sections

#### **Getting Started**

Complete setup guide with step-by-step instructions for installing and configuring the library.

#### **Authentication Guide**

Comprehensive guide to OAuth 2.0 flow, token management, and security best practices.

#### **Examples**

Practical examples and real-world scenarios showing how to use the library effectively.

#### **API Reference**

Complete API documentation with detailed method descriptions, parameters, and examples.



# Features

- Complete API Coverage All Strava API endpoints
- OAuth 2.0 Authentication Secure token management
- Strongly Typed Full IntelliSense support
- Error Handling Comprehensive exception handling
- Async/Await Modern asynchronous programming patterns



### Installation

dotnet add package StravaAPILibary



#### Links

- GitHub Repository ☑
- **Strava API Documentation** ☑

Build amazing Strava applications with confidence!



# **Getting Started with StravaAPILibary**

This guide will walk you through setting up and using the StravaAPILibary to interact with the Strava API.

# **Prerequisites**

Before you begin, ensure you have:

- .NET 8.0 SDK or later installed
- Visual Studio 2022 or JetBrains Rider (recommended IDEs)
- Strava API credentials (Client ID and Client Secret)
- Internet connection for API calls

# Step 1: Install the Library Using NuGet Package Manager

- 1. Right-click on your project in Solution Explorer
- 2. Select Manage NuGet Packages
- 3. Search for StravaAPILibary
- 4. Click Install

#### **Using Package Manager Console**

Install-Package StravaAPILibary

#### **Using .NET CLI**

dotnet add package StravaAPILibary

#### Using PackageReference

Add this to your .csproj file:

<PackageReference Include="StravaAPILibary" Version="1.0.0" />

# Step 2: Set Up Strava API Credentials Create a Strava Application

- 1. Visit <u>Strava API Settings</u> 

  ☑
- 2. Click Create Application
- 3. Fill in the required information:

- **Application Name**: Your app name
- **Category**: Choose appropriate category
- Website: Your website URL
- Authorization Callback Domain: localhost (for development)
- 4. Click Create
- 5. Note your Client ID and Client Secret

#### **Configure Redirect URI**

For development, you can use:

```
http://localhost:8080/callbackhttp://localhost:3000/callbackhttp://localhost:5000/callback
```

# Step 3: Basic Authentication Flow Create Your First Application

```
using StravaAPILibary.Authentication;
using StravaAPILibary.API;
class Program
   static async Task Main(string[] args)
   {
        // 1. Set up your credentials
        var credentials = new Credentials(
            "your_client_id_here",
            "your_client_secret_here",
            "read,activity:read_all"
        );
        // 2. Create authentication instance
        var userAuth = new UserAuthentication(
            credentials,
            "http://localhost:8080/callback",
            "read,activity:read_all"
        );
       // 3. Start the authorization process
       Console.WriteLine("Starting Strava authorization...");
       userAuth.StartAuthorization();
        // 4. Wait for user to complete authorization
```

```
Console.WriteLine("Please complete the authorization in your browser.");
       Console.WriteLine("After authorization, copy the authorization code from the URL.");
        Console.Write("Enter authorization code: ");
        string authCode = Console.ReadLine() ?? string.Empty;
       // 5. Exchange code for access token
        if (!string.IsNullOrWhiteSpace(authCode))
           bool success = await userAuth.ExchangeCodeForTokenAsync(authCode);
           if (success)
           {
                string accessToken = credentials.AccessToken;
                Console.WriteLine(" ✓ Authentication successful!");
                Console.WriteLine($"Access Token: {accessToken[..10]}...");
               // 6. Make your first API call
                await MakeFirstApiCall(accessToken);
            }
           else
           {
                Console.WriteLine("X Authentication failed!");
            }
        }
   }
   static async Task MakeFirstApiCall(string accessToken)
   {
       try
        {
           // Get athlete profile
            var profile = await Athletes.GetAuthenticatedAthleteProfileAsync(accessToken);
            Console.WriteLine($"Welcome, {profile["firstname"]} {profile["lastname"]}!");
           // Get recent activities
           var activities = await Activities.GetAthletesActivitiesAsync(accessToken, page:
1, perPage: 5);
            Console.WriteLine($"Found {activities.Count} recent activities:");
            foreach (var activity in activities)
            {
                Console.WriteLine($"- {activity["name"]} ({activity["type"]})
- {activity["distance"]}m");
            }
        }
```

```
catch (Exception ex)
{
     Console.WriteLine($"Error making API call: {ex.Message}");
}
}
```

# Step 4: Understanding the Authentication Flow OAuth 2.0 Flow

The library implements the standard OAuth 2.0 authorization code flow:

- 1. Authorization Request: User is redirected to Strava to authorize your application
- 2. Authorization Code: Strava returns an authorization code to your redirect URI
- 3. **Token Exchange**: Your application exchanges the code for an access token
- 4. **API Calls**: Use the access token to make API requests

#### **Token Management**

The library handles token management automatically:

- Access Token: Used for API requests (expires in 6 hours)
- Refresh Token: Used to get new access tokens (doesn't expire)
- Token Expiration: Automatically tracked and handled

#### Scopes

Request only the scopes you need:

```
    read - Basic profile access
```

- activity:read\_all Read all activities
- activity:write Upload activities
- profile:read\_all Detailed profile access
- profile:write Update profile information

# Step 5: Common Usage Patterns Error Handling

```
try
{
    var activities = await Activities.GetAthletesActivitiesAsync(accessToken);
    // Process activities
}
```

```
catch (ArgumentException ex)
{
    Console.WriteLine($"Invalid parameter: {ex.Message}");
}
catch (HttpRequestException ex)
{
    Console.WriteLine($"API request failed: {ex.Message}");
}
catch (JsonException ex)
{
    Console.WriteLine($"JSON parsing failed: {ex.Message}");
}
```

#### **Pagination**

```
int page = 1;
int perPage = 30;
bool hasMoreActivities = true;
while (hasMoreActivities)
{
    var activities = await Activities.GetAthletesActivitiesAsync(accessToken, page: page,
perPage: perPage);
    if (activities.Count == 0)
    {
        hasMoreActivities = false;
    else
    {
        // Process activities
        foreach (var activity in activities)
        {
            Console.WriteLine($"Activity: {activity["name"]}");
        }
        page++;
    }
}
```

## **Filtering Activities**

```
// Get activities from last 30 days
int after = (int)DateTimeOffset.UtcNow.AddDays(-30).ToUnixTimeSeconds();
```

```
var recentActivities = await Activities.GetAthletesActivitiesAsync(accessToken,
after: after);

// Get activities before a specific date
int before = (int)DateTimeOffset.Parse("2024-01-01").ToUnixTimeSeconds();
var oldActivities = await Activities.GetAthletesActivitiesAsync(accessToken,
before: before);
```

### **Step 6: Next Steps**

Now that you have the basics working, explore:

- API Reference Complete API documentation
- Authentication Guide Advanced authentication topics
- <u>Examples</u> More usage examples
- <u>Best Practices</u> Recommended patterns

# Troubleshooting Common Issues

#### "Invalid authorization code"

- Ensure the authorization code is copied correctly
- Check that your redirect URI matches your Strava app settings
- Verify the code hasn't expired (codes expire quickly)

#### "Access token is invalid"

- The access token may have expired
- Use the refresh token to get a new access token
- Check that you're using the correct scope

#### "API request failed"

- Verify your internet connection
- Check that the Strava API is available
- Ensure your access token is valid

#### **Getting Help**

- **Documentation**: <a href="https://your-docs-site.com">https://your-docs-site.com</a> <a href="https://your-docs-site.com">https://your-docs-site.com</a>
- GitHub Issues: <a href="https://qithub.com/your-repo/issues">https://qithub.com/your-repo/issues</a>
- Strava API Status: <a href="https://status.strava.com">https://status.strava.com</a>

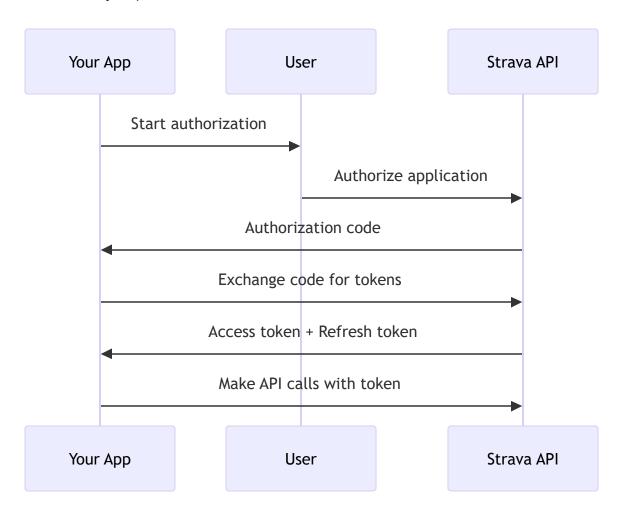
Ready to build amazing Strava applications! 💋

#### **Authentication Guide**

This guide covers authentication with the Strava API using the StravaAPILibary, including OAuth 2.0 flow, token management, and best practices.

#### **OAuth 2.0 Flow Overview**

The StravaAPILibary implements the standard OAuth 2.0 authorization code flow:



# **Setting Up Authentication**

#### 1. Create Strava Application

First, create a Strava application to get your credentials:

- 2. Click Create Application
- 3. Fill in the required fields:
  - **Application Name**: Your app name
  - **Category**: Choose appropriate category
  - Website: Your website URL
  - Authorization Callback Domain: localhost (for development)

- 4. Click Create
- 5. Note your **Client ID** and **Client Secret**

#### 2. Configure Credentials

```
using StravaAPILibary.Authentication;

var credentials = new Credentials(
    "your_client_id",
    "your_client_secret",
    "read,activity:read_all"
);
```

#### 3. Initialize Authentication

```
var userAuth = new UserAuthentication(
    credentials,
    "http://localhost:8080/callback",
    "read,activity:read_all"
);
```

# Complete Authentication Flow Step 1: Start Authorization

```
// This opens the browser for user authorization
userAuth.StartAuthorization();
```

The user will be redirected to Strava's authorization page where they can:

- Review the requested permissions
- Authorize or deny the application
- Be redirected back to your callback URL

#### **Step 2: Handle Authorization Code**

After authorization, Strava redirects to your callback URL with an authorization code:

```
http://localhost:8080/callback?state=&code=YOUR_AUTHORIZATION_CODE
```

Extract the code from the URL and exchange it for tokens:

```
string authCode = "YOUR_AUTHORIZATION_CODE";
bool success = await userAuth.ExchangeCodeForTokenAsync(authCode);

if (success)
{
    string accessToken = credentials.AccessToken;
    string refreshToken = credentials.RefreshToken;
    DateTime tokenExpiry = credentials.TokenExpiration;

Console.WriteLine(" Authentication successful!");
}
```

#### **Step 3: Use Access Token**

```
// Make API calls with the access token
var activities = await Activities.GetAthletesActivitiesAsync(accessToken);
var profile = await Athletes.GetAuthenticatedAthleteProfileAsync(accessToken);
```

### **Token Management**

#### **Access Tokens**

- **Lifetime**: 6 hours
- **Usage**: Required for all API calls
- **Storage**: Store securely (environment variables, secure storage)

#### **Refresh Tokens**

- **Lifetime**: Indefinite (until revoked)
- **Usage**: Get new access tokens when they expire
- Storage: Store securely alongside access tokens

#### **Automatic Token Refresh**

The library can automatically refresh expired tokens:

```
// Check if token needs refresh
if (credentials.TokenExpiration <= DateTime.UtcNow.AddMinutes(5))
{
   bool refreshSuccess = await userAuth.RefreshAccessTokenAsync();
   if (refreshSuccess)
   {
       // Token refreshed successfully
      accessToken = credentials.AccessToken;</pre>
```

```
}
```

# Scopes and Permissions Available Scopes

Scope	Description	Required for
read	Basic profile access	Profile information
activity:read_all	Read all activities	Activity data
activity:write	Upload activities	Activity upload
profile:read_all	Detailed profile access	Detailed profile
profile:write	Update profile	Profile updates

#### **Requesting Scopes**

#### **Scope Best Practices**

- Request minimal scopes Only request what you need
- Explain permissions Tell users why you need each scope
- Handle denied scopes Gracefully handle when users deny permissions

#### **Advanced Authentication Patterns**

# 1. Persistent Token Storage

```
public class TokenManager
{
    private readonly string _tokenFilePath = "tokens.json";

    public async Task SaveTokensAsync(Credentials credentials)
    {
```

```
var tokenData = new
        AccessToken = credentials.AccessToken,
        RefreshToken = credentials.RefreshToken,
        TokenExpiration = credentials.TokenExpiration,
        Scope = credentials.Scope
    };
    string json = JsonSerializer.Serialize(tokenData);
    await File.WriteAllTextAsync(_tokenFilePath, json);
}
public async Task<Credentials?> LoadTokensAsync(string clientId, string clientSecret)
{
    if (!File.Exists(_tokenFilePath))
        return null;
    string json = await File.ReadAllTextAsync(_tokenFilePath);
    var tokenData = JsonSerializer.Deserialize<TokenData>(json);
    if (tokenData == null)
        return null;
    var credentials = new Credentials(clientId, clientSecret, tokenData.Scope)
    {
        AccessToken = tokenData.AccessToken,
        RefreshToken = tokenData.RefreshToken,
        TokenExpiration = tokenData.TokenExpiration
    };
    return credentials;
}
```

#### 2. Automatic Token Refresh

}

```
public class StravaClient
{
    private readonly Credentials _credentials;
    private readonly UserAuthentication _userAuth;

    public StravaClient(string clientId, string clientSecret, string scope)
    {
        _credentials = new Credentials(clientId, clientSecret, scope);
        _userAuth = new UserAuthentication(_credentials, "http://localhost:8080/callback",
```

```
scope);
    }
    public async Task<string> GetValidAccessTokenAsync()
        // Check if token is expired or will expire soon
        if (_credentials.TokenExpiration <= DateTime.UtcNow.AddMinutes(5))</pre>
            bool refreshSuccess = await _userAuth.RefreshAccessTokenAsync();
            if (!refreshSuccess)
            {
                throw new InvalidOperationException("Failed to refresh access token");
            }
        }
        return _credentials.AccessToken;
    }
    public async Task<JsonArray> GetActivitiesAsync()
        string accessToken = await GetValidAccessTokenAsync();
        return await Activities.GetAthletesActivitiesAsync(accessToken);
    }
}
```

### 3. Error Handling

```
public async Task<bool> AuthenticateWithRetryAsync()
{
    int maxRetries = 3;
    int retryCount = 0;
    while (retryCount < maxRetries)</pre>
    {
        try
        {
            // Try to refresh token first
            if (!string.IsNullOrEmpty(_credentials.RefreshToken))
            {
                bool refreshSuccess = await _userAuth.RefreshAccessTokenAsync();
                if (refreshSuccess)
                     return true;
                }
            }
```

```
// If refresh fails, start new authorization
            userAuth.StartAuthorization();
            Console.WriteLine("Please complete authorization in browser...");
            Console.Write("Enter authorization code: ");
            string authCode = Console.ReadLine() ?? string.Empty;
            if (!string.IsNullOrEmpty(authCode))
            {
                bool success = await _userAuth.ExchangeCodeForTokenAsync(authCode);
                if (success)
                {
                    return true;
                }
            }
            retryCount++;
            Console.WriteLine($"Authentication failed. Retry {retryCount}/{maxRetries}");
        }
       catch (Exception ex)
        {
            Console.WriteLine($"Authentication error: {ex.Message}");
            retryCount++;
        }
   }
   return false;
}
```

### **Security Best Practices**

#### 1. Secure Token Storage

```
// Don't store tokens in plain text
File.WriteAllText("tokens.txt", accessToken);

// Use secure storage
await SecureStorage.SaveAsync("strava_access_token", accessToken);
await SecureStorage.SaveAsync("strava_refresh_token", refreshToken);
```

#### 2. Environment Variables

```
// Load credentials from environment variables
string clientId = Environment.GetEnvironmentVariable("STRAVA_CLIENT_ID")
    ?? throw new InvalidOperationException("STRAVA_CLIENT_ID not set");

string clientSecret = Environment.GetEnvironmentVariable("STRAVA_CLIENT_SECRET")
    ?? throw new InvalidOperationException("STRAVA_CLIENT_SECRET not set");
```

#### 3. Token Validation

# Troubleshooting Common Issues

#### "Invalid authorization code"

- Authorization codes expire quickly (usually within 10 minutes)
- Ensure the code is copied correctly from the URL
- Check that your redirect URI matches your Strava app settings

#### "Access token is invalid"

- Access tokens expire after 6 hours
- Use the refresh token to get a new access token
- Verify the token hasn't been revoked by the user

#### "Refresh token is invalid"

- Refresh tokens can be revoked by users
- Users can revoke access in their Strava settings
- You'll need to re-authenticate the user

#### "Insufficient scope"

- The requested operation requires a scope not granted
- Check the required scopes for the API call
- Request the appropriate scope during authorization

#### **Debug Information**

```
public void LogTokenInfo(Credentials credentials)
   Console.WriteLine($"Access Token: {credentials.AccessToken[..10]}...");
   Console.WriteLine($"Refresh Token: {credentials.RefreshToken[..10]}...");
   Console.WriteLine($"Token Expires: {credentials.TokenExpiration}");
   Console.WriteLine($"Scope: {credentials.Scope}");
   Console.WriteLine($"Is Expired: {credentials.TokenExpiration <= DateTime.UtcNow}");</pre>
}
```

### **Next Steps**

- API Reference Complete API documentation
- Examples Authentication examples
- **Best Practices** Security and performance tips

Secure authentication is the foundation of great Strava applications!



# **Examples**

This guide provides practical examples of using the StravaAPILibary for common scenarios and real-world applications.

# Basic Examples Get Athlete Profile

```
using StravaAPILibary.API;

var profile = await Athletes.GetAuthenticatedAthleteProfileAsync(accessToken);

Console.WriteLine($"Name: {profile["firstname"]} {profile["lastname"]}");

Console.WriteLine($"Location: {profile["city"]}, {profile["state"]}");

Console.WriteLine($"Followers: {profile["follower_count"]}");

Console.WriteLine($"Following: {profile["friend_count"]}");
```

#### **Get Recent Activities**

```
var activities = await Activities.GetAthletesActivitiesAsync(accessToken, page: 1,
perPage: 10);

foreach (var activity in activities)
{
    Console.WriteLine($"Activity: {activity["name"]}");
    Console.WriteLine($" Type: {activity["type"]}");
    Console.WriteLine($" Distance: {activity["distance"]}m");
    Console.WriteLine($" Duration: {activity["moving_time"]}s");
    Console.WriteLine($" Date: {activity["start_date_local"]}");
    Console.WriteLine($;" Date: {activity["start_date_local"]}");
}
```

#### **Get Activity Details**

```
string activityId = "123456789";
var activity = await Activities.GetActivityByIdAsync(accessToken, activityId);
Console.WriteLine($"Activity: {activity["name"]}");
Console.WriteLine($" Description: {activity["description"]}");
Console.WriteLine($" Distance: {activity["distance"]}m");
Console.WriteLine($" Elevation Gain: {activity["total_elevation_gain"]}m");
```

```
Console.WriteLine($" Average Speed: {activity["average_speed"]} m/s");
Console.WriteLine($" Max Speed: {activity["max_speed"]} m/s");
```

# Advanced Examples Activity Analysis

```
public class ActivityAnalyzer
{
   public async Task AnalyzeActivitiesAsync(string accessToken)
        var activities = await Activities.GetAthletesActivitiesAsync(accessToken, page: 1,
perPage: 50);
        var stats = new
            TotalActivities = activities.Count,
            TotalDistance = activities.Sum(a => (double)a["distance"]),
            TotalTime = activities.Sum(a => (int)a["moving_time"]),
            ActivitiesByType = activities.GroupBy(a => (string)a["type"])
                                      .ToDictionary(g => g.Key, g => g.Count())
        };
        Console.WriteLine($"Total Activities: {stats.TotalActivities}");
        Console.WriteLine($"Total Distance: {stats.TotalDistance / 1000:F1}km");
        Console.WriteLine($"Total Time: {TimeSpan.FromSeconds(stats.TotalTime)}");
        foreach (var type in stats.ActivitiesByType)
        {
            Console.WriteLine($" {type.Key}: {type.Value} activities");
        }
   }
}
```

## **Segment Explorer**

```
public class SegmentExplorer
{
    public async Task ExploreSegmentsAsync(string accessToken, float[] bounds, string
activityType = "running")
    {
        var segments = await Segments.GetExploreSegmentsAsync(accessToken,
bounds, activityType);
```

```
Console.WriteLine($"Found {segments.Count} segments in the area:");
        foreach (var segment in segments)
            Console.WriteLine($"
                                  {segment["name"]}");
                                    Distance: {segment["distance"]}m");
            Console.WriteLine($"
            Console.WriteLine($"
                                    Average Grade: {segment["average_grade"]}%");
            Console.WriteLine($"
                                    Elevation Difference: {segment["elevation_high"]
- segment["elevation_low"]}m");
            Console.WriteLine();
        }
   }
   public async Task GetStarredSegmentsAsync(string accessToken)
   {
        var starredSegments = await Segments.GetStarredSegmentsAsync(accessToken);
        Console.WriteLine($"You have {starredSegments.Count} starred segments:");
        foreach (var segment in starredSegments)
        {
            Console.WriteLine($" {segment["name"]} - {segment["distance"]}m");
        }
    }
}
```

#### **Club Activities**

#### **Route Management**

```
public class RouteManager
{
   public async Task ExportRouteAsync(string accessToken, long routeId, string outputPath)
   {
       // Get route details
       var route = await Routes.GetRouteByIdAsync(accessToken, routeId);
       Console.WriteLine($"Route: {route["name"]}");
       Console.WriteLine($" Distance: {route["distance"]}m");
       Console.WriteLine($" Elevation Gain: {route["elevation_gain"]}m");
       // Export as GPX
       var gpxData = await Routes.GetRouteGpxExportAsync(accessToken, routeId);
       await File.WriteAllTextAsync($"{outputPath}.gpx", gpxData);
       // Export as TCX
       var tcxData = await Routes.GetRouteTcxExportAsync(accessToken, routeId);
        await File.WriteAllTextAsync($"{outputPath}.tcx", tcxData);
       Console.WriteLine($"Route exported to {outputPath}.gpx and {outputPath}.tcx");
   }
}
```

### **Activity Upload**

```
public class ActivityUploader
{
    public async Task UploadActivityAsync(string accessToken, string filePath, string activityName, string description = "")
    {
```

```
try
        {
            // Determine file type
            string dataType = Path.GetExtension(filePath).ToLower() switch
                ".gpx" => "gpx",
                ".tcx" => "tcx",
                ".fit" => "fit",
                _ => throw new ArgumentException("Unsupported file format. Use GPX, TCX, or
FIT files.")
            };
            // Upload activity
            var uploadResponse = await Activities.PostActivityAsync(
                accessToken,
                activityName,
                dataType,
                filePath,
                description
            );
            Console.WriteLine($"Upload started. Upload ID: {uploadResponse["id"]}");
            // Monitor upload status
            await MonitorUploadStatusAsync(accessToken, (long)uploadResponse["id"]);
        }
        catch (Exception ex)
        {
            Console.WriteLine($"Upload failed: {ex.Message}");
        }
    }
    private async Task MonitorUploadStatusAsync(string accessToken, long uploadId)
    {
        int maxAttempts = 30; // 5 minutes with 10-second intervals
        int attempts = 0;
        while (attempts < maxAttempts)</pre>
        {
            var uploadStatus = await Uploads.GetUploadAsync(accessToken, uploadId);
            string status = (string)uploadStatus["status"];
            Console.WriteLine($"Upload status: {status}");
            if (status == "Your activity is ready.")
            {
```

```
Console.WriteLine(" ✓ Upload completed successfully!");
                Console.WriteLine($"Activity ID: {uploadStatus["activity_id"]}");
                break;
            else if (status == "There was an error processing your activity.")
                Console.WriteLine("X Upload failed!");
                Console.WriteLine($"Error: {uploadStatus["error"]}");
                break;
            }
            await Task.Delay(10000); // Wait 10 seconds
            attempts++;
        }
        if (attempts >= maxAttempts)
        {
            Console.WriteLine("[] Upload monitoring timed out.");
        }
   }
}
```

#### **Stream Data Analysis**

```
public class StreamAnalyzer
{
   public async Task AnalyzeActivityStreamsAsync(string accessToken, long activityId)
        var streams = await Streams.GetActivityStreamsAsync(
            accessToken,
            activityId,
"time, distance, latlng, altitude, velocity_smooth, heartrate, cadence, watts, temp, moving, grade_smo
oth"
        );
        if (streams.ContainsKey("latlng"))
        {
            var latlngStream = streams["latlng"] as JsonArray;
            Console.WriteLine($"GPS Points: {latlngStream?.Count ?? 0}");
        }
        if (streams.ContainsKey("heartrate"))
            var hrStream = streams["heartrate"] as JsonArray;
```

```
if (hrStream?.Count > 0)
                var hrValues = hrStream.Select(x => (int)x).ToList();
                Console.WriteLine($"Heart Rate - Avg: {hrValues.Average():F0}, Max:
{hrValues.Max()}, Min: {hrValues.Min()}");
        }
        if (streams.ContainsKey("velocity_smooth"))
        {
            var speedStream = streams["velocity_smooth"] as JsonArray;
            if (speedStream?.Count > 0)
            {
                var speedValues = speedStream.Select(x => (double)x).ToList();
                Console.WriteLine($"Speed - Avg: {speedValues.Average() * 3.6:F1} km/h, Max:
{speedValues.Max() * 3.6:F1} km/h");
            }
        }
   }
}
```

# Real-World Scenarios Fitness Dashboard

```
public class FitnessDashboard
{
   public async Task GenerateDashboardAsync(string accessToken)
    {
        var profile = await Athletes.GetAuthenticatedAthleteProfileAsync(accessToken);
        var activities = await Activities.GetAthletesActivitiesAsync(accessToken, page: 1,
perPage: 30);
        Console.WriteLine("=== FITNESS DASHBOARD ===");
        Console.WriteLine($"Athlete: {profile["firstname"]} {profile["lastname"]}");
        Console.WriteLine($"Location: {profile["city"]}, {profile["state"]}");
        Console.WriteLine();
        // Weekly summary
        var weekAgo = DateTime.UtcNow.AddDays(-7);
        var recentActivities = activities.Where(a =>
            DateTime.Parse((string)a["start_date_local"]) >= weekAgo).ToList();
        var weeklyStats = new
        {
```

```
Activities = recentActivities.Count,
            Distance = recentActivities.Sum(a => (double)a["distance"]) / 1000,
            Time = recentActivities.Sum(a => (int)a["moving time"]),
            Elevation = recentActivities.Sum(a => (double)a["total_elevation gain"])
        };
        Console.WriteLine("This Week:");
        Console.WriteLine($"
                             Activities: {weeklyStats.Activities}");
        Console.WriteLine($"
                              Distance: {weeklyStats.Distance:F1} km");
        Console.WriteLine($"
                              Time: {TimeSpan.FromSeconds(weeklyStats.Time)}");
        Console.WriteLine($"
                              Elevation: {weeklyStats.Elevation:F0} m");
        Console.WriteLine();
        // Activity breakdown
        var activityTypes = recentActivities.GroupBy(a => (string)a["type"])
                                          .OrderByDescending(g => g.Count());
        Console.WriteLine("Activity Breakdown:");
        foreach (var type in activityTypes)
        {
            var typeStats = type.ToList();
            var avgDistance = typeStats.Average(a => (double)a["distance"]) / 1000;
            Console.WriteLine($" {type.Key}: {type.Count()} activities, avg
{avgDistance:F1} km");
        }
   }
}
```

#### **Training Plan Generator**

```
public class TrainingPlanGenerator
{
    public async Task GenerateTrainingPlanAsync(string accessToken, string targetEvent,
DateTime targetDate)
    {
        var activities = await Activities.GetAthletesActivitiesAsync(accessToken, page: 1,
perPage: 100);
        var profile = await Athletes.GetAuthenticatedAthleteProfileAsync(accessToken);

        Console.WriteLine($"=== TRAINING PLAN FOR {targetEvent.ToUpper()} ===");
        Console.WriteLine($"Target Date: {targetDate:MMMM dd, yyyy}");
        Console.WriteLine($"Days until event: {(targetDate - DateTime.Now).Days}");
        Console.WriteLine();

        // Analyze current fitness level
```

```
var recentRuns = activities.Where(a =>
            (string)a["type"] == "Run" &&
            DateTime.Parse((string)a["start_date_local"]) >= DateTime.Now.AddDays(-30)
        ).ToList();
        if (recentRuns.Any())
        {
            var avgPace = recentRuns.Average(a => (double)a["average_speed"]);
            var maxDistance = recentRuns.Max(a => (double)a["distance"]);
            Console.WriteLine("Current Fitness Level:");
            Console.WriteLine($" Average Pace: {60 / (avgPace * 3.6):F1} min/km");
            Console.WriteLine($" Longest Run: {maxDistance / 1000:F1} km");
            Console.WriteLine();
            // Generate training plan
            GenerateWeeklyPlan(targetDate, maxDistance / 1000);
       }
   }
   private void GenerateWeeklyPlan(DateTime targetDate, double currentLongestRun)
   {
       var weeksUntilEvent = (int)((targetDate - DateTime.Now).TotalDays / 7);
       Console.WriteLine("Recommended Training Plan:");
        for (int week = 1; week <= Math.Min(weeksUntilEvent, 12); week++)</pre>
        {
            var weekDate = DateTime.Now.AddDays(week * 7);
            var targetDistance = Math.Min(currentLongestRun + (week * 2), 42.2); // Cap at
marathon distance
            Console.WriteLine($"Week {week} ({weekDate:MMM dd}):");
            Console.WriteLine($" Long Run: {targetDistance:F1} km");
            Console.WriteLine($" Tempo Run: {targetDistance * 0.6:F1} km");
            Console.WriteLine($" Easy Runs: 2x {targetDistance * 0.4:F1} km");
            Console.WriteLine();
        }
   }
}
```

#### **Social Features**

```
public class SocialFeatures
{
    public async Task GetSocialFeedAsync(string accessToken)
```

```
{
        var clubs = await Clubs.GetClubsAsync(accessToken);
        Console.WriteLine("=== SOCIAL FEED ===");
        foreach (var club in clubs)
        {
            Console.WriteLine($"Club: {club["name"]}");
            var clubId = (long)club["id"];
            var activities = await Clubs.GetClubActivitiesAsync(accessToken, clubId, page:
1, perPage: 5);
            foreach (var activity in activities)
            {
                var athlete = activity["athlete"];
                Console.WriteLine($" {athlete["firstname"]} {athlete["lastname"]}:
{activity["name"]}");
                                        {activity["type"]} - {((double)activity["distance"]
                Console.WriteLine($"
/ 1000):F1} km");
                Console.WriteLine($"
                                        {activity["start_date_local"]}");
                Console.WriteLine();
            }
        }
   }
   public async Task GetActivityKudosAsync(string accessToken, string activityId)
    {
        var kudos = await Activities.GetActivityKudosAsync(accessToken, activityId);
        Console.WriteLine($"Kudos for activity {activityId}:");
        foreach (var kudo in kudos)
            Console.WriteLine($" {kudo["firstname"]} {kudo["lastname"]}");
        }
   }
}
```

# Error Handling Examples Robust API Client

```
public class RobustStravaClient
{
    private readonly string _accessToken;
```

```
private readonly HttpClient _httpClient;
    public RobustStravaClient(string accessToken)
    {
        _accessToken = accessToken;
        _httpClient = new HttpClient();
        _httpClient.DefaultRequestHeaders.Authorization =
            new System.Net.Http.Headers.AuthenticationHeaderValue("Bearer", accessToken);
    }
    public async Task<JsonArray?> GetActivitiesWithRetryAsync(int maxRetries = 3)
        for (int attempt = 1; attempt <= maxRetries; attempt++)</pre>
        {
            try
            {
                return await Activities.GetAthletesActivitiesAsync(_accessToken);
            }
            catch (HttpRequestException ex) when (ex.StatusCode ==
System.Net.HttpStatusCode.TooManyRequests)
            {
                if (attempt < maxRetries)</pre>
                {
                    var retryAfter = GetRetryAfterSeconds(ex);
                    Console.WriteLine($"Rate limited. Waiting {retryAfter} seconds...");
                    await Task.Delay(retryAfter * 1000);
                }
                else
                {
                    throw new InvalidOperationException("Rate limit exceeded after multiple
retries", ex);
                }
            }
            catch (HttpRequestException ex) when (ex.StatusCode ==
System.Net.HttpStatusCode.Unauthorized)
            {
                throw new InvalidOperationException("Access token is invalid or
expired", ex);
            }
            catch (Exception ex)
            {
                if (attempt == maxRetries)
                    throw;
                Console.WriteLine($"Attempt {attempt} failed: {ex.Message}");
                await Task.Delay(1000 * attempt); // Exponential backoff
```

```
}

return null;

private int GetRetryAfterSeconds(HttpRequestException ex)
{

// Parse Retry-After header if available
    if (ex.Data.Contains("RetryAfter"))
    {
        return (int)ex.Data["RetryAfter"];
    }
    return 60; // Default 1 minute
}
```

# **Next Steps**

- API Reference Complete API documentation
- Authentication Guide Authentication patterns
- **Best Practices** Performance and security tips

Build amazing Strava applications with these examples!

#### **Best Practices**

This guide covers best practices for using the StravaAPILibary effectively, securely, and efficiently.



# Security Best Practices

### 1. Secure Credential Management

✓ Do:

```
// Use environment variables for sensitive data
 string clientId = Environment.GetEnvironmentVariable("STRAVA_CLIENT_ID")
     ?? throw new InvalidOperationException("STRAVA_CLIENT_ID not set");
 string clientSecret = Environment.GetEnvironmentVariable("STRAVA CLIENT SECRET")
     ?? throw new InvalidOperationException("STRAVA_CLIENT_SECRET not set");
 var credentials = new Credentials(clientId, clientSecret, "read,activity:read_all");
X Don't:
 // Never hardcode credentials
 var credentials = new Credentials("12345", "my_secret_key", "read");
```

### 2. Token Storage

```
// Use secure storage for tokens
public class SecureTokenStorage
{
   public async Task SaveTokensAsync(Credentials credentials)
       // Use platform-specific secure storage
        await SecureStorage.SaveAsync("strava_access_token", credentials.AccessToken);
        await SecureStorage.SaveAsync("strava_refresh_token", credentials.RefreshToken);
        await SecureStorage.SaveAsync("strava_token_expiry",
credentials.TokenExpiration.ToString());
   }
   public async Task<Credentials?> LoadTokensAsync(string clientId, string clientSecret)
       var accessToken = await SecureStorage.GetAsync("strava_access_token");
       var refreshToken = await SecureStorage.GetAsync("strava_refresh_token");
        var expiryStr = await SecureStorage.GetAsync("strava_token_expiry");
```

#### 3. Scope Management

✓ Do:

```
// Request minimal scopes
var credentials = new Credentials(clientId, clientSecret, "read,activity:read_all");

// Check if required scope is available
bool hasActivityWrite = credentials.Scope.Contains("activity:write");
if (!hasActivityWrite)
{
    throw new InvalidOperationException("activity:write scope is required for this operation.");
}
```

#### X Don't:

```
// Don't request unnecessary scopes
var credentials = new Credentials(clientId, clientSecret,
"read,activity:read_all,activity:write,profile:read_all,profile:write");
```



#### 1. Efficient API Usage

```
✓ Do:
```

```
public class EfficientStravaClient
 {
     private readonly HttpClient _httpClient;
     private readonly string _accessToken;
     public EfficientStravaClient(string accessToken)
         _accessToken = accessToken;
         _httpClient = new HttpClient
             Timeout = TimeSpan.FromSeconds(30),
             DefaultRequestHeaders =
                 Authorization = new AuthenticationHeaderValue("Bearer", accessToken)
             }
         };
     }
     public async Task<JsonArray> GetActivitiesAsync(int page = 1, int perPage = 200)
     {
         // Use maximum per_page to reduce API calls
         return await Activities.GetAthletesActivitiesAsync(_accessToken, page: page,
 perPage: perPage);
     }
 }
X Don't:
 // Don't make many small requests
 for (int i = 1; i <= 100; i++)
 {
     var activities = await Activities.GetAthletesActivitiesAsync(accessToken, page: i,
```

#### 2. Caching Strategies

// Process single activity

✓ Do:

}

perPage: 1);

```
public class CachedStravaClient
   private readonly IMemoryCache _cache;
   private readonly string _accessToken;
   public CachedStravaClient(string accessToken, IMemoryCache cache)
       _accessToken = accessToken;
       _cache = cache;
   }
   public async Task<JsonObject> GetAthleteProfileAsync()
       const string cacheKey = "athlete_profile";
       if (_cache.TryGetValue(cacheKey, out JsonObject? cachedProfile))
        {
            return cachedProfile!;
        }
       var profile = await Athletes.GetAuthenticatedAthleteProfileAsync(_accessToken);
       // Cache for 1 hour (profile doesn't change frequently)
       _cache.Set(cacheKey, profile, TimeSpan.FromHours(1));
       return profile;
   }
}
```

#### 3. Batch Processing

**V** Do:

```
public class BatchActivityProcessor
{
    public async Task ProcessAllActivitiesAsync(string accessToken)
    {
        int page = 1;
        int perPage = 200; // Maximum to reduce API calls
        var allActivities = new List<JsonNode>();

        while (true)
        {
            var activities = await Activities.GetAthletesActivitiesAsync(accessToken, page: page, perPage);
    }
}
```

```
if (activities.Count == 0)
            break;
        allActivities.AddRange(activities);
        page++;
    }
    // Process all activities at once
    await ProcessActivitiesBatchAsync(allActivities);
}
private async Task ProcessActivitiesBatchAsync(List<JsonNode> activities)
{
    // Process activities in batches for efficiency
    const int batchSize = 50;
    for (int i = 0; i < activities.Count; i += batchSize)</pre>
    {
        var batch = activities.Skip(i).Take(batchSize);
        await ProcessBatchAsync(batch);
    }
}
```

# Error Handling Best Practices

### 1. Comprehensive Exception Handling

✓ Do:

}

```
public class RobustStravaClient
{
    public async Task<JsonArray?> GetActivitiesWithRetryAsync(int maxRetries = 3)
    {
        for (int attempt = 1; attempt <= maxRetries; attempt++)
        {
            try
            {
                 return await Activities.GetAthletesActivitiesAsync(_accessToken);
            }
            catch (HttpRequestException ex) when (ex.StatusCode ==
HttpStatusCode.TooManyRequests)
        {
            if (attempt < maxRetries)</pre>
```

```
{
                    var retryAfter = GetRetryAfterSeconds(ex);
                    await Task.Delay(retryAfter * 1000);
                }
                else
                    throw new InvalidOperationException("Rate limit exceeded after multiple
retries", ex);
            }
            catch (HttpRequestException ex) when (ex.StatusCode
== HttpStatusCode.Unauthorized)
            {
                // Token might be expired, try to refresh
                if (await TryRefreshTokenAsync())
                    continue; // Retry with new token
                throw new InvalidOperationException("Access token is invalid and refresh
failed", ex);
            catch (Exception ex)
            {
                if (attempt == maxRetries)
                    throw;
                await Task.Delay(1000 * attempt); // Exponential backoff
            }
        }
        return null;
    }
}
```

#### 2. Token Refresh Logic

```
public class TokenManager
{
    private readonly Credentials _credentials;
    private readonly UserAuthentication _userAuth;

    public async Task<string> GetValidAccessTokenAsync()
    {
```

```
// Check if token is expired or will expire soon
        if (_credentials.TokenExpiration <= DateTime.UtcNow.AddMinutes(5))</pre>
        {
            bool refreshSuccess = await _userAuth.RefreshAccessTokenAsync();
            if (!refreshSuccess)
            {
                throw new InvalidOperationException("Failed to refresh access token. User
needs to re-authenticate.");
            }
        }
        return _credentials.AccessToken;
    }
    public async Task<bool> TryRefreshTokenAsync()
        try
        {
            return await _userAuth.RefreshAccessTokenAsync();
        catch (Exception)
        {
            return false;
        }
    }
}
```

#### 3. Graceful Degradation

```
};
        }
        catch (HttpRequestException ex) when (ex.StatusCode ==
HttpStatusCode.TooManyRequests)
            // Return partial data when rate limited
            return new ActivitySummary
                TotalActivities = 0,
                TotalDistance = 0,
                IsComplete = false,
                ErrorMessage = "Rate limited - showing cached data"
            };
        }
        catch (Exception ex)
        {
            // Log error and return empty result
            _logger.LogError(ex, "Failed to get activity summary");
            return new ActivitySummary
            {
                TotalActivities = 0,
                TotalDistance = 0,
                IsComplete = false,
                ErrorMessage = "Service temporarily unavailable"
            };
        }
    }
}
```

# **Monitoring and Logging**

#### 1. Structured Logging

```
public class StravaClientWithLogging
{
    private readonly ILogger<StravaClientWithLogging> _logger;

    public async Task<JsonArray> GetActivitiesAsync(string accessToken, int page = 1, int
perPage = 30)
    {
        using var scope = _logger.BeginScope(new Dictionary<string, object>
        {
            ["page"] = page,
```

```
["per_page"] = perPage
        });
       _logger.LogInformation("Retrieving activities from Strava API");
       try
        {
            var activities = await Activities.GetAthletesActivitiesAsync(accessToken, page:
page, perPage: perPage);
            _logger.LogInformation("Successfully retrieved {Count}
activities", activities.Count);
            return activities;
        }
        catch (HttpRequestException ex)
            _logger.LogError(ex, "Failed to retrieve activities. Status:
{StatusCode}", ex.StatusCode);
            throw;
        }
        catch (Exception ex)
        {
            _logger.LogError(ex, "Unexpected error while retrieving activities");
            throw;
        }
   }
}
```

#### 2. Metrics Collection

```
_metrics.Increment("strava.api.activities.success");
    _metrics.RecordGauge("strava.api.activities.count", activities.Count);

    return activities;
}
catch (Exception ex)
{
    _metrics.Increment("strava.api.activities.error");
    throw;
}
}
```

# Design Patterns

#### 1. Repository Pattern

```
public interface IStravaRepository
{
   Task<JsonArray> GetActivitiesAsync(int page = 1, int perPage = 30);
   Task<JsonObject> GetActivityAsync(string activityId);
   Task<JsonObject> GetAthleteProfileAsync();
   Task<bool> UpdateActivityAsync(long activityId, string name, string description);
}
public class StravaRepository : IStravaRepository
{
   private readonly string _accessToken;
   private readonly TokenManager _tokenManager;
   public StravaRepository(string accessToken, TokenManager tokenManager)
   {
       _accessToken = accessToken;
       _tokenManager = tokenManager;
   }
   public async Task<JsonArray> GetActivitiesAsync(int page = 1, int perPage = 30)
   {
        string validToken = await _tokenManager.GetValidAccessTokenAsync();
        return await Activities.GetAthletesActivitiesAsync(validToken, page: page,
perPage: perPage);
   }
```

```
public async Task<JsonObject> GetActivityAsync(string activityId)
   {
        string validToken = await _tokenManager.GetValidAccessTokenAsync();
        return await Activities.GetActivityByIdAsync(validToken, activityId);
   }
   public async Task<JsonObject> GetAthleteProfileAsync()
        string validToken = await _tokenManager.GetValidAccessTokenAsync();
        return await Athletes.GetAuthenticatedAthleteProfileAsync(validToken);
   }
    public async Task<bool> UpdateActivityAsync(long activityId, string name,
string description)
   {
        string validToken = await _tokenManager.GetValidAccessTokenAsync();
        var result = await Activities.UpdateActivityAsync(validToken, activityId,
name, description);
        return result != null;
   }
}
```

#### 2. Factory Pattern

```
throw new InvalidOperationException("Strava credentials not configured");
        }
        var credentials = new Credentials(clientId, clientSecret, "read,activity:read_all");
        var tokenManager = new TokenManager(credentials);
        // Try to load existing tokens
        var existingTokens = await LoadTokensAsync();
        if (existingTokens != null)
        {
            credentials.AccessToken = existingTokens.AccessToken;
            credentials.RefreshToken = existingTokens.RefreshToken;
            credentials.TokenExpiration = existingTokens.TokenExpiration;
        }
        return new StravaRepository(credentials.AccessToken, tokenManager);
   }
}
```



### Testing Best Practices

## 1. Unit Testing

```
[TestClass]
public class StravaClientTests
   private Mock<IHttpClientFactory> _mockHttpClientFactory;
   private StravaClient _client;
   [TestInitialize]
   public void Setup()
   {
       _mockHttpClientFactory = new Mock<IHttpClientFactory>();
       _client = new StravaClient("test_token", _mockHttpClientFactory.Object);
   }
   [TestMethod]
   public async Task GetActivitiesAsync_ValidToken_ReturnsActivities()
   {
       // Arrange
       var mockHttpClient = new Mock<HttpClient>();
       var mockResponse = new HttpResponseMessage(HttpStatusCode.OK)
        {
```

#### 2. Integration Testing

**V** Do:

```
[TestClass]
public class StravaIntegrationTests
{
   private string _testAccessToken;
   [TestInitialize]
   public async Task Setup()
       // Use test credentials for integration tests
       _testAccessToken = await GetTestAccessTokenAsync();
   }
   [TestMethod]
   public async Task GetAthleteProfile_ValidToken_ReturnsProfile()
   {
       // Arrange & Act
       var profile = await Athletes.GetAuthenticatedAthleteProfileAsync(_testAccessToken);
       // Assert
       Assert.IsNotNull(profile);
       Assert.IsTrue(profile.ContainsKey("id"));
       Assert.IsTrue(profile.ContainsKey("firstname"));
```

```
Assert.IsTrue(profile.ContainsKey("lastname"));
   }
}
```

### Documentation Best Practices

#### 1. Code Documentation

✓ Do:

```
/// <summary>
/// Retrieves the authenticated athlete's activities with optional filtering and pagination.
/// </summary>
/// <param name="accessToken">The OAuth access token for authentication.</param>
/// <param name="page">Page number for pagination. Must be greater than 0.</param>
/// <param name="perPage">Number of activities per page. Must be between 1 and 200.</param>
/// <returns>A <see cref="JsonArray"/> containing the athlete's activities.</returns>
/// <exception cref="ArgumentException">Thrown when access token is invalid.</exception>
/// <exception cref="HttpRequestException">Thrown when the API request fails.</exception>
/// <remarks>
/// This method requires the <c>activity:read all</c> scope.
/// Activities are returned in reverse chronological order.
/// </remarks>
/// <example>
/// <code>
/// var activities = await GetActivitiesAsync(accessToken, page: 1, perPage: 10);
/// </code>
/// </example>
public async Task<JsonArray> GetActivitiesAsync(string accessToken, int page = 1, int
perPage = 30)
    // Implementation
}
```

# Deployment Best Practices

#### 1. Configuration Management

```
"Strava": {
  "ClientId": "your_client_id",
 "ClientSecret": "your_client_secret",
  "RedirectUri": "https://yourapp.com/callback",
```

```
"DefaultScope": "read,activity:read_all"
},
"Logging": {
   "LogLevel": {
      "StravaAPILibary": "Information"
    }
}
```

### 2. Environment-Specific Settings

✓ Do:

```
public class StravaConfiguration
{
    public string ClientId { get; set; } = string.Empty;
    public string ClientSecret { get; set; } = string.Empty;
    public string RedirectUri { get; set; } = string.Empty;
    public string DefaultScope { get; set; } = "read,activity:read_all";
    public int RequestTimeoutSeconds { get; set; } = 30;
    public int MaxRetries { get; set; } = 3;
}

// In Startup.cs
services.Configure<StravaConfiguration>(configuration.GetSection("Strava"));
```

# Performance Monitoring

#### 1. Health Checks

```
public class StravaHealthCheck : IHealthCheck
{
    private readonly IStravaRepository _stravaRepository;

    public StravaHealthCheck(IStravaRepository stravaRepository)
    {
        _stravaRepository = stravaRepository;
    }

    public async Task<HealthCheckResult> CheckHealthAsync(HealthCheckContext context,
CancellationToken cancellationToken = default)
    {
        try
```

```
{
            var profile = await _stravaRepository.GetAthleteProfileAsync();
            if (profile != null && profile.ContainsKey("id"))
                return HealthCheckResult.Healthy("Strava API is accessible");
            }
            return HealthCheckResult.Unhealthy("Strava API returned invalid response");
        }
        catch (Exception ex)
        {
            return HealthCheckResult.Unhealthy("Strava API is not accessible", ex);
        }
   }
}
```

# Next Steps

- API Reference Complete API documentation
- **<u>Authentication Guide</u>** OAuth flow and token management
- **Examples** Practical usage examples

Follow these best practices to build robust, secure, and efficient Strava applications!

# Namespace StravaAPILibary.API

#### Classes

#### **Activities**

Provides methods to interact with Strava's Activities API.

#### **Athletes**

Provides methods to interact with Strava's Athletes API.

#### Clubs

Provides methods to interact with Strava's Clubs API.

#### Gears

Provides methods to interact with Strava's Gear API.

#### Routes

Provides methods to interact with Strava's Routes API.

#### <u>Segments</u>

Provides methods for interacting with Strava's Segments API.

#### SegmentsEfforts

Provides methods for interacting with Strava's Segment Efforts API.

#### **Streams**

Provides methods for retrieving stream data (detailed time-series data) from Strava.

#### <u>Uploads</u>

Provides methods for uploading activities and retrieving upload statuses from the Strava API.