

Giro Foray MIPS helmet review **£75.00**

Synthe's little brother grows up

BikeRadar score 4.5/5



Giro's Foray MIPS helmet (David Caudery / Immediate Media)

BikeRadar verdict

"With great looks, a drag-friendly shape and MIPS, the Foray MIPS is excellent"

- Highs:** Fit, MIPS system, adjustability
- Lows:** The exposed EPS base
- Buy if:** You're after a great value helmet with the added security that MIPS offers

The Giro Foray MIPS pays more than a nod to Giro's range-topping Synthe aero helmet, with a smooth, rounded compact shell and truncated rear to maintain efficiency in all head positions.

Spec overview

- > **Weight:** 308g (L)
- > **Vents:** 21
- > **Colours:** Seven

Giro Foray MIPS helmet

The in-mould construction means that the polycarbonate outer shell is fused to the EPS core for strength, but it doesn't extend to the underside.

Its MIPS system adds £25 to the standard cost, but for that you are also getting great reassurance, and along with the super-adjustable Roc Loc 5 cradle an excellent fit.

Four internal pads keep things comfortable, and five pronounced internal channels ventilate the majority of the head very well at all speeds, making this model an attractive, safe and great value choice.

What is MIPS?

In the event of a crash, the two most common types of head impact are linear: hitting something squarely, and rotational, where the head rotates on contact.

In the latter type of impact, as the head decelerates to a stop, the brain can continue to rotate within the skull, which it is designed to do to defend against injury, but excessive forces can strain brain tissues, potentially causing brain injury.

The MIPS system, or Multi- Directional Impact Protection System, employs a slim, flexible plastic cap that's perforated to match the helmet's vents, and four elastic fixings allow it to float within the inner EPS foam shell, creating a slip-plane, much like the brain's own, to slow or reduce rotational energy transfer.

Specification

Name: Foray MIPS
Built by: Giro
Price: £75.00

Vented	Yes
No of Vents	21

BikeRadar ratings

- Exceptional:** a genuine class leader
- Very good:** one of the best you can buy
- Good:** it'll do the job well
- Average**
- Below average:** flawed in some way
- Poor:** simply put, don't bother
- Dangerous, stupid or both**



Robin Wilmott

Tech Writer, Tech Hub, UK, [ProCycling Magazine](#)

Robin began road cycling in 1988, and with mountain bikes in their infancy, mixed experimental off-road adventures with club time trials and road races. Cyclocross soon became a winter staple, and has remained his favourite form of competition. Robin has always loved the technical aspect of building and maintaining bikes, and several years working in a good bike shop only amplified that. Ten years as a Forensic Photographer followed, honing his eye for detail in pictures and words. He has shot at the biggest pro events since the '90s, and now he's here, drawing on all those experiences to figure out what makes a bike or component tick.

Age: 45 **Height:** 178cm / 5'10"
Weight: 75kg / 165lb

Discipline: Road, cyclocross, time trials
Beer of Choice: Sierra Nevada Pale Ale