

Giro Foray MIPS helmet review £75.00

Synthe's little brother grows up

BikeRadar score



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.

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

Its MIPS system adds £25 to the standard cost, but for that you are also getting great

ventilate the majority of the head very well at all speeds, making this model an attractive, safe and great value choice.

In the event of a crash, the two most common types of head impact are linear: hitting

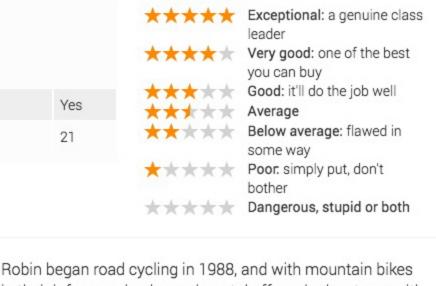
What is MIPS?

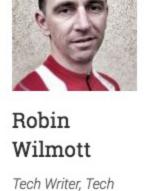
something squarely, and rotational, where the head rotates on contact. In the latter type of impact, as the head decelerates to a stop, the brain can continue to

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 BikeRadar ratings

	Foray MIPS	
Built by:	Giro	
Price:	£75.00	
Vented		Yes
No of Vents		21





Hub, UK, Procycling

Magazine

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

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