

HELMET SIZE GUIDE

HOW TO ADJUST THE FIT

Proper fit is essential, so always try helmets on prior to purchase. If the helmet is not comfortable and stable on your head, or you are unsure about the helmet's fit, ask for your retailer for assistance.

Step 1: Adjust the fit system at the rear of the helmet for a snug, secure fit. Some helmets also include a vertical tuning feature that allows you to adjust the fore/aft tilt, for optimal positioning on your head.

Step 2: adjust the straps so that they sit below the earlobes.

Step 3: Adjust the buckle so that it rests against the back of the jaw/throat.

Step 4: Adjust the interior pads if needed.

Step 5: Check the fit to make sure helmet is comfortable and secure. It should not roll forward or back or be able to slide off.

ADULT SUPER FIT

Small	51 - 55cm
Medium	55 - 59cm
Large	59 - 63cm
Extra Large (Select Models)	61 - 65cm

ADULT UNIVERSAL

Women	50 - 57cm
Adult Unisex	54 - 61cm
Extra Large	58 - 65cm

YOUTH

Extra Small (Scamp™ Model)	45 - 49cm
Small (Scamp™ Model)	49 - 53cm
Extra Small (Dime™ Model)	47 - 51cm
Small (Dime™ Model)	51 - 55cm
Universal Youth (Dime™ Model)	50 - 57cm

HOW TO MEASURE YOUR SIZE

Wrap a measuring tape around your head, keeping the tape level from front to back. Note the measurement and use the size chart as a guide. If you are not sure about the measurement ask your retailer for assistance.



Giro Helment Size Guide

PT Brinkman

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the PT Brinkman text.

Giro Helment Size Guide:

The EBay Price Guide Julia L. Wilkinson, 2006 Provides lists of selling prices of items found on eBay in such categories as antiques boats books cameras coins collectibles dolls DVDs real estate stamps tickets and video games The Cycling Bible Robin Barton, 2015-08-13 Whether you are a novice a mountain bike enthusiast a competitive cyclist or one who rides for fitness or pleasure this book provides all you need to know to get the best out of your bike Beginning with the anatomy of the bicycle it explains what to look for when buying a bike so that you get the right one for you whether it be a folding bike tandem electric bike track bike or BMX There s plenty of information on the right kit for women as well as men and clear explanations to help you tackle maintenance and repair jobs with confidence The basic principles of riding negotiating cities and riding off road are explained and it also covers how to ride safely and comfortably For all those who want to take their cycling further there s information on competitive riding and training and even a stunning international touring section packed full of recommended rides in breath taking locations Fun inspiring beautifully illustrated and easy to use The Cycling Bible is the perfect companion for riders of every level whatever they want from their bike The Complete Guide to Choosing a Performance Bicycle John Lehrer, 1988 *Inside Guide to Alpine Skiing* MICK SKOLNICK, MD, 2025-03-14 The Inside Guide to Alpine Skiing presents an insider s perspective on how alpine recreational skiers can stay safe have fun and improve their skiing as quickly as possible As a medical doctor and nationally certified ski instructor the author shares a unique perspective on skiing s risks and how to avoid injuries and illnesses during ski vacations The book s mountain safety information can literally save lives Whether you re a total beginner a solid intermediate wanting to make carved parallel turns or are an advanced skier looking for new ways to up level your technique and tune your skis for maximum performance you ll find the information you need right here This comprehensive guide will help you plan your ski trips choose the right clothing and equipment maintain your gear and know what to insist upon in lessons regardless of your ability If you want to enjoy the groomed runs at alpine resorts ski better and make progress much faster than you ever thought possible this book is for you Expert guidance is offered for every step along the way The book provides numerous links to relevant videos and other resources that are tailored to skiers at every skill level *Family Biking* Robert Hurst, Christie Hurst, 2015-10-22 Family Biking is a guide for parents and parents to be on how to introduce their children to the joys and responsibilities of bicycle riding The guide includes safe methods of transporting children via trailer bike or tandems taking young children on bicycle tours fitting a child to a bicycle teaching all aspects of bicycle safety as well as how to deal with dangerous or potentially dangerous situations It also includes how to teach children to care for their own bicycle how to dress how to carry things on their bicycle and how to perform basic maintenance and repairs **Shape** , 1996-05 **Bicycling** , 2007-04 Bicycling magazine features bikes bike gear equipment reviews training plans bike maintenance how tos and more for cyclists of all levels *Ski Area Management* , 2007 *Interactive Design* , **Bicycling** , 2008-05 Bicycling magazine

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