



# Sound Bytes

## Mount Baker

*September 14*



Our destination at the crack of dawn

### Officers

Co-Director

Russ Lamb

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Mike Brenaman

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Secretary

Lori Watkins

Treasurer

Laurie Lamb



### Meetings

1st Tuesday Mt Vernon WA

*\*October 7, 2014\**

North Sound Threedom Riders meet the first Tuesday of each month at 6:00 pm for dinner & mingling and start the meeting at 7:00 pm. This months meeting will be at Denny's 100 E College Way, Mt Vernon, WA 98273 in the banquet room.

Please contact Russ Lamb or Mike Brenaman for more information.

### UPCOMING RIDES

October 12

nothing on the calendar - suggestions welcome

November 9

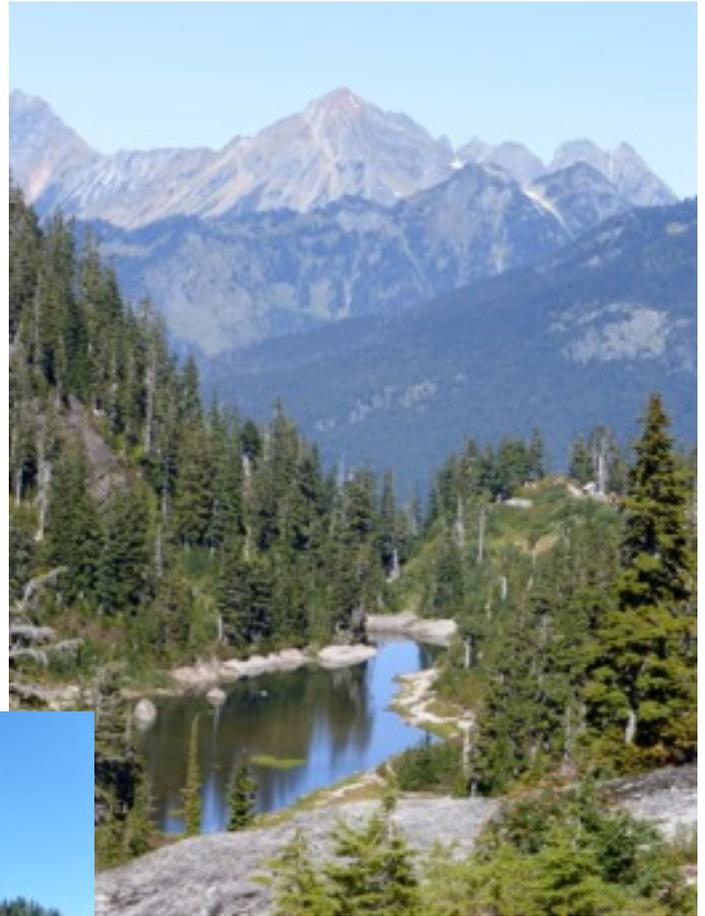
Veteran's Day Parade with VFW Riders, Oak Harbor





Reflecting Pond

What a beautiful day Sunday was for our ride! I was very happy with the turn out and with three extra people to ride with us. Thanks to Laurie and Russ for talking to Mark and Eveline about our group and talking them into joining us. Also a nice surprise to have Cody join us after just a short conversation in the parking lot. The weather was great and with only a few minor extra stops, a very enjoyable ride. I was hoping for a little more snow on top at Artist Point, but... we don't have control of the weather. I would like to thank everyone for a very safe ride. I appreciate that everyone stayed with the group and kept a good following distance as well as watching out for each other and the traffic around us.



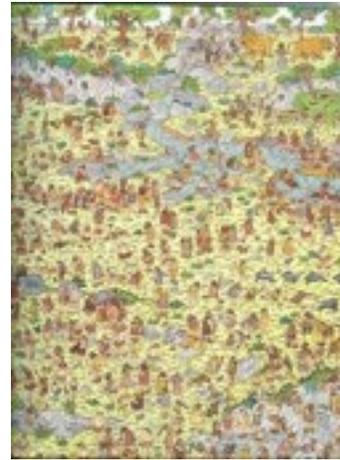
Thanks again,  
Keep the wind in your face!

Mike Brenaman  
Road Captain





Lost Larry... somewhere on the mountain



Photographic credits and  
thanks to Laurie & Russ,  
Lori, Mike & Lisa



# Helmets



## Here is What to Check For:

### Thick Inner Liner

Helmets meeting the minimum Federal safety standard have an inner liner usually about one-inch thick of firm polystyrene foam. Sometimes the inner liner will not be visible, but you should still be able to feel its thickness. Unsafe helmets normally contain only soft foam padding or a bare plastic shell with no padding at all.

### Sturdy Chin Strap and Rivets

Helmets meeting the DOT safety standard have sturdy chinstraps with solid rivets.

### Weight of Helmet

Depending on design, unsafe helmets weigh only one pound or less. Helmets meeting FMVSS 218 generally weigh about three pounds. Become familiar with the weight of helmets that comply with the Federal safety standard. These helmets provide a more substantial feel.

### Design/Style of Helmet

The DOT safety standard does not allow anything to extend further than two-tenths of an inch from the surface of a helmet. For example, while visor fasteners are allowed, a spike or other protruding decorations indicate an unsafe helmet.

A design such as the German Army style or skullcap style may be a clue to an unsafe helmet. Unsafe helmets are noticeably smaller in diameter and thinner than ones meeting the DOT standard. However, some German Army style helmet may meet Federal requirements. You'll need to check for weight, thickness, sturdy chinstraps, as well as the "DOT" and manufacturer's labels to make sure the helmet meets the Federal safety standard. Familiarize yourself with brand names and designs of helmets that comply with DOT requirements. For example, a full-face design is a good indicator of a safe helmet. To date, we have never seen a full-face design novelty helmet.

### DOT Sticker

Helmets that meet FMVSS 218 must have a sticker on the outside back of the helmet with the letters "DOT," which certifies that the helmet meets or exceeds FMVSS 218. It is important to note that some novelty helmet sellers provide DOT stickers separately for motorcyclists to place on non-complying helmets. In this case, the DOT sticker is invalid and does not certify compliance.

### Snell or ANSI Label

In addition to the DOT sticker, labels located inside the helmet showing that a helmet meets the standards of private, non-profit organizations such as Snell or the American National Standards Institute (ANSI) are good indicators that the helmet also meets the Federal safety standard. To date, we have never seen a novelty helmet that has a phony DOT sticker in addition to a phony Snell or ANSI label.

### Manufacturer's Labeling

Manufacturers are required under FMVSS 218 to place a label on or inside the helmet stating the manufacturer's name, model, size, month and year of manufacture, construction materials, and owner's information. A helmet that does not meet the Federal safety standard usually does not have such labeling. Remember a DOT sticker on the back of the helmet and proper inside labeling do not necessarily indicate that a helmet meets all DOT requirements. Many helmets have counterfeit DOT stickers and a limited few also have manufacturer's labeling. But the design and weight of a helmet, thickness of the inner liner, and the quality of the chin strap and rivets are extra clues to help distinguish safe helmets from non-complying ones.