**Benjamin Houlton** Some of my thoughts about the How its Made video are that I think that it is really cool how they make cross country skis. Before seeing the video I thought that they just cut a piece of wood into the shape of the ski. After the video I learned that a lot more went into making cross county skis. I also thought it was really cool how they can put any type of graphic on the ski. Before seeing the video I thought that ski were not very strong. After I saw the video I learned that skis are very strong. I think that the coolest thing that I learned was that they put a groove down the middle of the ski to help the skier.

My thoughts on the cross country ski video were great. I did not know that skiers have to practice for 6-8 hours a day. The thing that most surprised me was that they try to limit the amount of oxygen going in to the body of the skier. I think that they should not do this because then the skier might feel like they need more oxygen. I also thought that it was really cool that they use a lot of technology to make sure that the skier is in their prime for the race.