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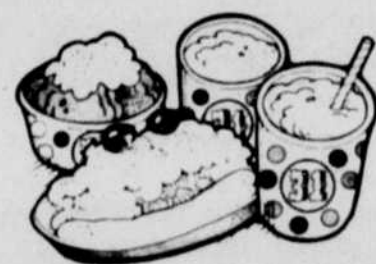
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Young athletes trek to Track City

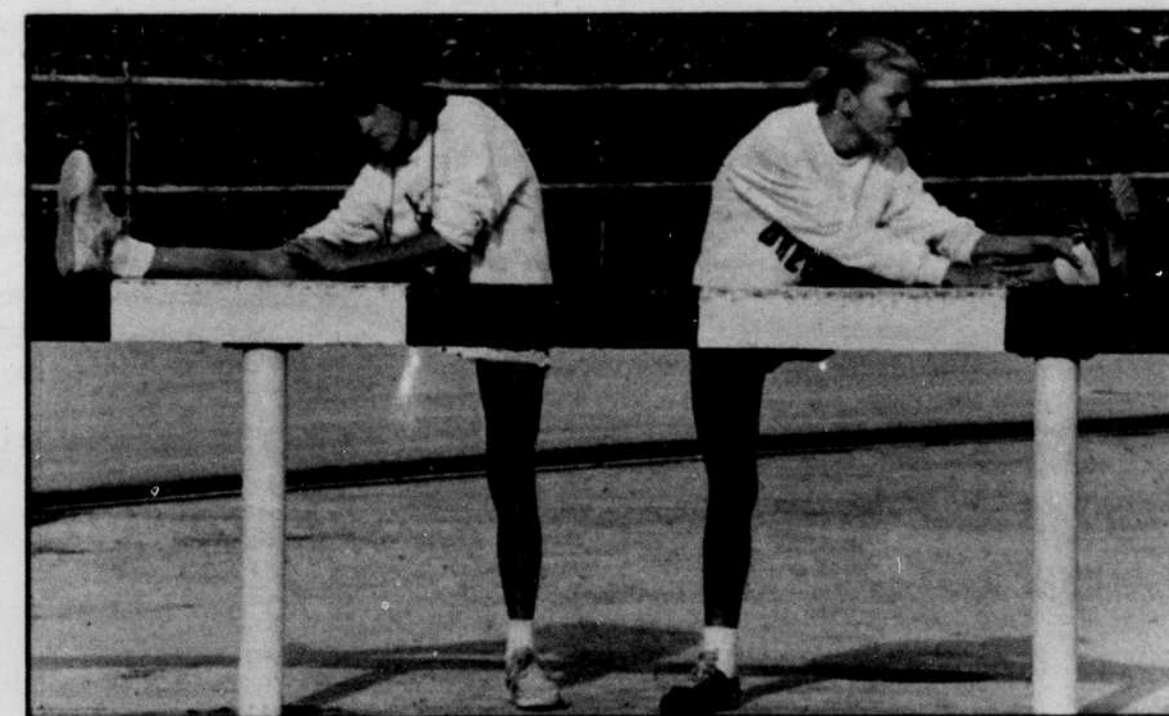
James Garritson, a 10-year-old from Fullerton, Calif., said he had never been defeated in the boy's 3,000-meter race.

And the Track City International Classic this weekend was no exception.

Garritson, the event's national age-group record holder, walked away with first place in his division of the 3,000 Friday with a time of 10:03.8.

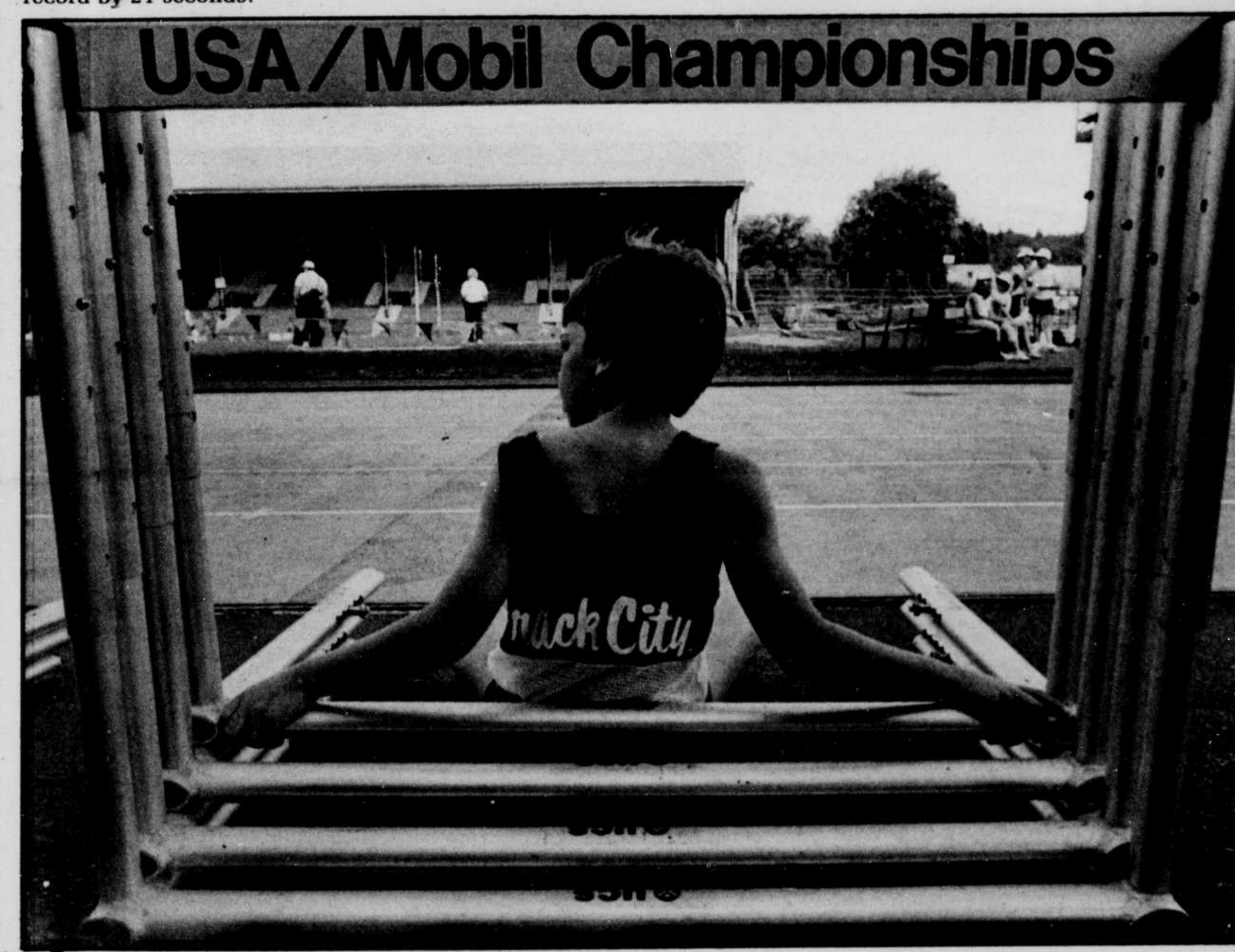
Nika Horn, on the other hand, said she had never won a race in her life. That is, not until the 11-year-old from Santa Rosa, Calif., won her division of the girl's 3,000-meter race Friday with a time of 10:35.3.

More than 1,600 athletes aged 8-17 from across the United States and Canada gathered at Hayward Field for the ninth-annual meet. In all, 10 national age-group records were broken including the 3,000-meter record in the girl's age 12-13 category. In a time of 10:00.2, Sarah Schwald beat the old record by 21 seconds.



Clockwise from top left: Stacey Wronka from San Juan Capistrano, Calif., is given a hand after an exhausting race; Kari Gibbs from Glendora, Calif., and Wendy Griffith from Claremont, Calif., stretch their muscles before competing; Ben Kehoe from Eugene takes a breather against some hurdles; and runners in the girl's age 14-15 division of the 100-meter sprint leap off the starting blocks.

Photos by Shu-Shing Chen



Barbecued meats join club of cancer-causing foods, researchers say

By Yvette Jefferson
Of the Emerald

Barbecued meat has joined coffee, saccharin and chewing tobacco in the "cancer club," according to some researchers.

Robert Hackman, a University professor who specializes in nutrition, said eating barbecued meats can increase the risk of cancer in humans. The barbecuing process produces cancer-causing carcinogens because the high temperatures and smoke caused by barbecuing chemically alters the protein and fat in meats, he said.

When meat fat dips into the coals and burns, it produces smoke that contains carcinogens, Hackman said. As the smoke rises, the carcinogens settle on the food, he said.

Any food that is crispy contains carcinogens and thereby increases the consumer's risk of getting cancer, Hackman added.

Producers of barbecue briquets don't agree, however. Fred Reicker, a representative of the Clorox Co. in Oakland, Calif., said that even though there has been a dramatic increase in charcoal broiling

over the past 25 years, neither the American Medical Association nor the National Cancer Institute "has identified charcoal broiling as a nutritional hazard."

The Kingsford Co., which produces charcoal barbecue briquets, is a subsidiary of the Clorox Co.

Nutritionists and cancer researchers, Charles DiSogra and Laurlee Groll, publish an information booklet which confirms Hackman's assertions. It also states that the barbecuing process produces the chemicals mutagen and Benzo(a)pyrene, which are potent to animals.

"Nutritionists have been researching the effects of barbecuing on laboratory animals for about 10 years, and the results are pretty conclusive," Hackman said.

Although barbecuing can be dangerous, Hackman said he would not advise people to stop barbecuing. If the public becomes aware of prevention methods, they can decrease the chance of carcinogens in their food and enjoy barbecued food at the same time, he said.

Hackman suggested some barbecue safety tips:

•First, try not to burn food. This applies

to oven- and microwave-cooked food also. If you happen to burn your food, trim off the burnt portion and throw it away.

•Cook food two to three minutes in an oven or microwave before you place it on the grill because it will help reduce the amount of heat needed to cook the food.

•Put food in aluminum foil while cooking to insulate heat and prevent a lot of smoke from accumulating on the food.

•Finally, do anything possible to prevent smoke since it carries carcinogens.

In addition to Hackman's suggestions, DiSogra and Groll's booklet contains a list of barbecuing dos and don'ts for cutting the risk of cancer.

Do: cook meat as far away from heat as possible. Remove or discard fat from meat before you begin barbecuing. Use lean meat. Cook slowly at the coolest possible temperature. One way to ensure cooler temperatures is to keep sprinkling water onto wood or coals.

Don't: get meat on flames or coals. Eat the skin of meat because it will most likely contain carcinogens. Barbecue meat with high fat. Baste food with oil or fat. Use high temperatures to cook.



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