



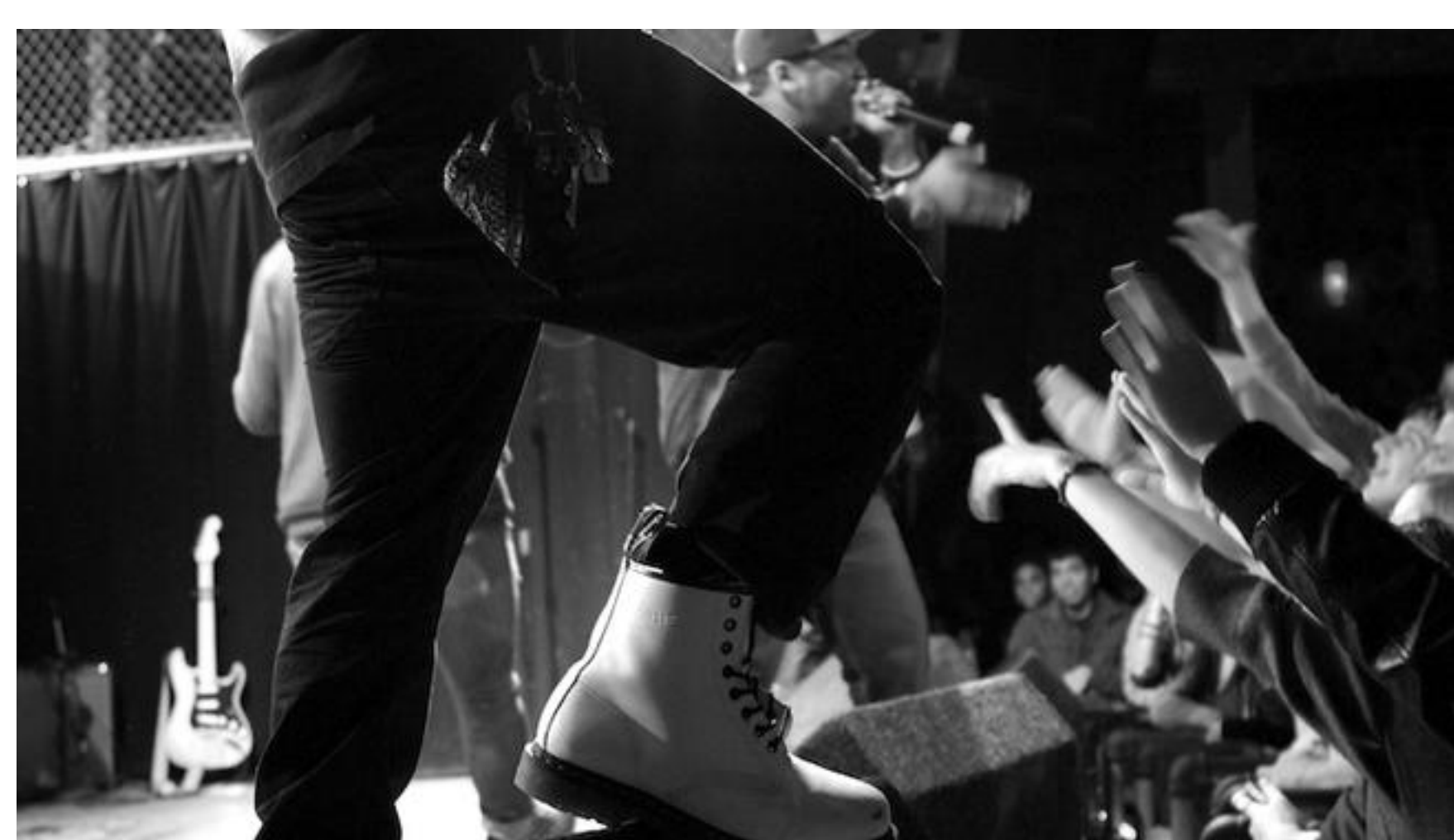
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Oakland Rapper's Hip-Hop Diet

T-Kash loses 100 pounds

By Scott Budman | Sunday, Mar 27, 2011 | Updated 7:11 AM PDT

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Oakland rapper T-Kash has already dropped hit songs. Recently, though, he dropped something even more impressive: 100 pounds.

His credentials are solid: After backing East Bay rapper The Coup on the album "Steal This Album," T-Kash went solo, putting out "Turf War Syndrome," and then his newest release, "Brains All Over The Streets." He's known in the hip-hop community for his raw lyrics, and respected for his non-commercial style.

But there's more. Now, T-Kash is hitting the road, literally, spreading the word about physical fitness.

Having dropped a cool 100 pounds through his fitness regimen, he's gearing up to run the half marathon at the Oakland Running Festival - and he's even got a sponsor, the [Hip-Hop Chess Federation](#).

HHCF, also based in the Bay Area, is known for stressing chess and fitness over violence. The group, headed by local product [Adisa Banjoko](#), takes its boards to local schools to show how playing chess can actually be cool. Especially when you consider some of the alternative paths. Banjoko says T-Kash has helped the group in the past, "working on the front lines as a peacemaker wherever he walked." And, says Banjoko, "I watched him lose 100 pounds!"

You can catch his act on stage .. or, as he brings it to the streets of Oakland for the race, March 27th.

Scott, a native of Oakland, is on Twitter: @scottbudman

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