**The Iron Cross: RSU Tests the Heights of Extreme Sports**

The advancement in extreme sport has seen Radical Sports Unlimited organizing one of the unique and demanding endurance events on the planet dubbed “Iron Cross.” This event will involve the combination of brutal distance and Ironman triathlon with demand for “healthy- happy” and demand for CrossFit while focusing on Color Run.

**Radical Sports Unlimited**

This historic and enduring event is organized by Radical Sports Unlimited to take place in Traverse City in Michigan. Holmer Simpson, the CEO of RSU, has come up with this contest that includes various categories of extreme sports. His company ventures in planning and promoting races and exhibitions in the world, with a special focus on extreme sports. In the past, the company has exhibited various challenges such as snowmobile races, skydiving competitions, and mountain bike events among others. The event will be a lifetime experience for both participants and the spectators as they will be having their first-time experience of Iron Cross in the city.

**Components of Iron Cross**

The Iron Cross will involve contestants swimming 2.4 miles in outdoor venues, running for 26.2 miles and bike racing for 112 miles, all in just a single day. The fun part of the event will be the participation of the spectators in creating obstacles beside other barriers all over the distance. They will have opportunities for splashing the contestants with paint, ice, and other substances. For example, the athletes may be challenged at various intervals during the run stage. This exercise is staged to make them stop and make weighted squats, several pull-ups, or work their ways across monkey bars, or be plastered with pink paint.

**Purpose**

The event is meant for extremely enduring and demanding, and elite athletes only are the ones that will be able to complete the course. These athletes will have the opportunity of joining the class of a few toughest, fittest and happiest competitors in the world.