

Bound For Greatness

Made for Something Bigger

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Photo credits: Malcolm Yearby

Malcolm Yearby, a freshman at Olentangy Liberty High School, has spent the last year running cross country, playing violin and other instruments, while training in an ROTC program.

Yearby has been running distance since 5th grade, and first got into it when his dad brought up that maybe he should sign up for cross



Yearby running his first cross country season at Liberty High School. His first time was 19:24 for the 5k. At the end of the season, Yearby ran a 15:45 5k.

country when registering for classes.

“When I made the team at the 4-Mile Time Trial, it kind of opened up the world of distance racing for me,” said Yearby.

Since he started, Yearby’s main events include the 3200, 1600, and 800 meter runs. His favorite is the mile. “

“It’s fast, but it’s also a good way to really work on surges and also end of race sprinting for cross country,” said Yearby.

Yearby’s personal records include 4:31.5 for the 1600, 9:59.7 for the 3200, and 15:45.6 for the 5000.

“The 800 (Half-Mile) is the most challenging because it’s fast, and you have to maintain a near sprint the entire time to place well and not fall behind,” Yearby said.

To Yearby, his greatest accomplishment this season was going from a 19:24 5K to a 15:45 5K after running for eight months.

“That was a great achievement and I was really elated,” Yearby said.

For Yearby, understanding the commitment and gear required for the sport is important. It is necessary to find the right spikes that are comfortable rather than getting what everyone else gets.

Yearby said “eat right, get sleep, recover from workouts and race well. That’s how you run PRs. And also, if you don’t PR at first, they’re never linear.

Remember, it’s always calm before the storm.”

In addition to running, Yearby also plays various instruments, including the Violin, Guitar, and Cello.

“I had a choice between choir or violin, and since I can’t sing, I chose violin,” Yearby said.

His favorite memory was when he was part of the Saint Louis Symphony Youth Orchestra and conducted a piece.

“It’s just being up there, directing everyone with their music and just being the person who helps everyone make the music. It’s so overwhelmingly fun,” Yearby Said.

To him, the most important thing to do when learning an instrument is to always practice.

“Learn as much as you can. That’s how you get far,” Yearby said.

Something else that he is involved with is the USMC ROTC and the USAF ROTC, which he began this year.

“When I was in Saint Louis, I was part of another ROTC program where I learned how to do a lot of things like HALO jumping, Tactical Scuba Diving and Rebreather Diving,” Yearby said.

For him, taking orders that he doesn’t agree with is the hardest part.

“You have to do it because the punishment is going to be extreme if you don’t,” Yearby said.

His greatest memory is the time that he did a High Altitude Low Oxygen

jump by himself. He had to jump out of a plane and parachute to the ground.

“The first time when I did it by myself, I did a backflip off of the ramp, and as I was falling, I was grinning like a madman the entire time because I was hypothetically flying,” Yearby said.

His favorite memory was graduating from his last ROTC program, when he was dressed up in his uniform and earned his black beret.

“When they handed me mine, that was one of the best moments,” Yearby

said.

Yearby said that building a strong bond with the people you are around is key for people interested in the program.

“Your team becomes your family in basic, and without your team, you’ll have a much harder time,” Yearby said.

Ben Van Winkle, a freshman who ran cross country with Yearby, was impressed with his work ethic and mentality.

“Whether he’s playing violin, running track, or training in an ROTC program, Malcolm Yearby always has a strong work ethic, and a drive to become better,” Van Winkle said.

Yearby said that the most important thing is to work harder to become better at your interests and activities.

“You have to have the will to push yourself, to ignore your limits and make new ones,” Yearby said.



Yearby performing his first High Altitude Low Oxygen jump. The HALO jump involved parachuting out of a plane. “I was grinning like a madman the entire time because I was hypothetically flying” Yearby said.