

➤ This *IS* a tricky fly and John recommends that you read this in its entirety before the class and he *especially* recommends that you try to practice the winding technique described in the second note at the bottom of the pattern.

➤ Hooks and TriggerPoint Fibers will be available for materially challenged in-house tiers.

Fly of the Month: Extended Body PMD

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Sooooooooo, I just finished a fun Saturday at FlyBuy 2022 and tied this one up a couple of times for a couple of obsessed fellow fly tiers. Now, this month is all about challenging your abilities. You absolutely do not need to tie this fly to catch fish. If you're not in the mood, then go to the February 2020 edition of LBCC's Target Talk and tie the "easy" version. However, if you want to go outside your comfort zone, then read on...

Many years ago (1970s and 1980s) there was a renowned tier of flies who regularly fished the Henry's Fork of the Snake river in Idaho and was the 1988 recipient of the Buz Buszek Award. His name was Bing Lemke. Bing was one of the most successful fly fishers on what many people consider the toughest, most technical body of water on earth to be successful on! How tough? Well, one June evening fishing there I counted ten different species of insects and three with multiple states (dun and spinner) on the water at one time! I had to figure which one the fish were eating? Give me a break!

Bing knew. Bing always knew and one of his specialties was an extended bodied mayfly pattern that he regularly used. By happenstance and the fact that I could tie some wicked Atlantic salmon flies, I was very fortunate to get to know Bing back then and he taught me how he tied those amazing flies. Back then, Bing used an overhead jig and so did I. Since then I have done away with this appurtenance and gone with a hands-only approach. I have been tying quite a few of these lately and they worked very, very well last spring fishing the Green. They also held up quite well against the formidable teeth found in your garden variety 20" brown trout.

This fly is **NOT** for everyone; just those who want to extend their wings and try something off the wall and difficult. You don't need it to catch fish—a fly like this is better suited to catching your fellow fly tiers! Yeah, that's important too. Practical tying is fine but going beyond the pragmatic is what keeps our sport and fly tying fresh, growing and improving. Sorry, in my opinion you can only tie so many Gold-Ribbed Hare's Ears before you go bonkers...

Change the materials around to tie a pattern that works well for you. The version I have included is ideal for Pale Morning Duns (PMD—Ephemera inermis) and Blue-Winged Olives (BWO—Baetis sp.) in many parts of the country during the late fall and spring months. So spread your tying wings and do something challenging!

MATERIALS FOR TYING THE EXTENDED BODY PMD:

Hook: Firehole 419 short shank dry; size #18–24
Thread: Veevus Light Cahill 12/0 or other to match the natural
Tail: 7x or 8x monofilament
Body: Your tying thread, tapered
Ribbing: Dark olive tying thread
Hackle: Light Dun or other to match the natural; dry fly quality
Wing: PMD EP TriggerPoint Fibers or other to match the natural
Thorax: Olive dun (gray olive) Superfine dubbing or color to match the natural
Head: Your tying thread



A PALE MORNING DUN

INSTRUCTIONS FOR TYING THE EXTENDED BODY PMD:

1. Attach the thread to the hook behind the head space, and wind back to the mid-point of the shank. Pull out about eight inches of fine (7x or 8x) tippet material. Also pull off four inches of dark olive thread for a rib. Fold the mono in half and then in half again (four strands of material) and the thread in half (two strands)—six strands total. Tie in both mono and thread with the looped ends extending beyond the bend of the hook.



2. Here's the tough part. Lift the loops of mono and thread straight up, and start winding your thread up all six strands. You will need to wind with your off hand while holding the mono and thread loops with your normal hand, yet still be able to grab your bobbin holder with that same normal hand and re-grab it with your off hand. Nope, not easy but see the notes at the end for a method. Once you have wrapped the mono and thread to a length equal to the length of the hook shank, start going back down to the hook. Since mayfly bodies taper, wind the thread about half way up the extended body section and back down, giving it a slight taper. Also, wind smoothly with the thread on the hook shank for a quarter of its length, as this will be the continuation of the abdomen from the extension.
3. Cut one side of the thread rib near the end of the extended body leaving one long strand. Now, holding the mono in your off hand, spiral the ribbing down the body with equal spacing. Once you get to the hook shank continue to wind over the thread abdomen and stop at the half-way point along the shank. Tie off the thread and remove the excess.
4. It's hackle stacker time...holding your bobbin holder lift it straight up about three inches and over the top of the index finger of your off hand, down and then around the hook shank a couple of times. Now repeat the process, creating two or even three, three-inch loops. Still holding the thread upright in the index finger of your off hand, wind one complete turn of thread around the base

of these two loops (four total strands of thread). Prepare a nice quality hackle and tie it in with the dull side down. Now, stick the index finger of your normal hand in the loops of tying thread and hold them upright and taut. Use your off hand to wind the hackle, and the normal hand to catch and hold while the off hand reaches around the other side. Wind the hackle like you would a parachute up the thread, about the length it would take to reach the eye of the hook. Once there, start winding back down to the hook shank and tie off the hackle. Stroke the barbs of the hackle rearward so the majority are point towards the tail.

5. Cut off a small clump of TriggerPoint Fibers for the wing. Don't use too much! Trim one end and then place that cut end right up against the hackle. You will likely have to switch hands, so tie the butts down, just touching the hackle. Wind only about half the remaining distance to the eye to secure the wing to the hook.
6. Apply a small amount of dubbing to your thread for the thorax, and wind two or three turns between the wing and the hackle. Continue winding two or three more turns in front of the wing. Be sure to leave some room for the head space. Split the wing into two equal parts, and now pull your stacked hackle between the two halves. Don't pull too tight—just enough to be taut—and tie off the stacked hackle with your thread. Too tight and the hackle core might snap back from under the thread.
7. Form a neat head and whip finish. Remove the core thread for the stacked hackle. Cut the wings to length by pulling them straight back and cutting them in line with the bend of the hook. Finally, remove all but two strands of the mono body core—they will act as your two tails.

Congrats! You survived...



Notes:

- ❖ The choice for a hook is important. Since the body is extended beyond the bend, a hook with a shorter shank is needed to maintain proportions. Also, if you happen to be fishing for larger trout on smaller flies the hook needs to be strong enough to accomplish this. Lately I have started using Firehole #419 hooks for this fly. While Firehole hooks are true in shank length they feature an extra wide gape. A size 18 Firehole #419 has the same shank length as a TMC 100 size 18 shank but a size 16 gape. For a normal PMD a size 18 Firehole #419 is ideal. Another hook choice is the TMC 112TR but it can be tough to find and only goes down to size 19.
- ❖ Practice winding the thread around the monofilament core like this. First place your dominant index finger in the two loops and pull them straight up. Using your offhand, wind the thread around to the back side of the hook. Now, grab the bobbin holder with the middle and ring finger of your dominant hand and hold it. Bring your offhand back to the front, re-grab the bobbin holder and wind around the monofilament and repeat until you're done. Yup, it's tricky to do but once you get the knack you will be using the same technique for hackle stackers, parachutes and an array of different tying tasks!
- ❖ Body choices for these flies are no different than with a normal fly—you just have to learn how to wind using two hands around a vertical core. Using dubbing or stripped peacock eye barbs while challenging can all be accomplished.
- ❖ So your mayfly of choice has three tails? No prob... Cut the two monofilament loops to length. Remove only one of the four strands.
- ❖ I often will use Sharpie marking pens to color the tail fibers. I will use the pens after the tails are first tied in to provide a base color; usually a light gray, yellow or brown. Then, once the fly is completed I come back and mark them with an ultra fine Sharpie creating contrasting dots or bars.