

EXTENDED BODY MAYFLY



Recipe

Hook.....Dry/Nymph, size 10-12
Thread.....Brown/Tan 6/0
Tail.....Deer hair
Body.....Deer hair
Post.....White/Olive/Yellow Polypropylene yarn
Hackle.....Brown/Olive, dry
Head.....Thread

Note: You will need a fairly stout and long sewing needle, dubbing wax, and Flex-seal to properly assemble this fly.

1. Select a long, stout needle and place it the vice by its eye. Then coat the shaft of the needle with dubbing wax.
2. Tie-in the thread about ¼” behind the needle point and wrap back in fairly firm touching turns for about 1” or whatever size extended body length you desire. **(Note: You will need to try to keep the thread wraps firm, not tight, as too tight of turns will make it difficult to remove the body from the needle when the body is finished.)** Wrap the thread back to the tie-in point. Let the thread hang.
3. Cut, clean, and stack a small bunch of deer hair. Lay the hair on top of the hook shank where you left the thread with the hair tips extending about ¼” past the thread tie-in point toward the needle point, then tie-in the hair at the thread tie-in point with 3-4 tight thread wraps. Allow the hair to spin around the hook shank.
4. Pull the hair butts tightly up against the needle shank creating a hair cover around the needle shank. Now wrap the thread in fairly tight but evenly spaced wraps (5-6) down the needle shank for around an inch creating a segmented extended body. Make several tight wraps at the end of the body, then wrap the thread back to the hair tie-in point in evenly spaced wraps matching the first set of wraps coming down the body to the original tie-in point. Make a whip finish over the last thread wraps and cut the thread. You should

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now have the shape of an extended body with the hair tips making a short tail and, at the other end of the body, a length of hair butts. **DO NOT CUT OFF THESE BUTTS AS THEY WILL BECOME THE BODY OF THE FLY.**

5. Remove the needle from the vise and coat **only the segmented section** of the body with a light coating of Flex-seal and allow it to dry. **DO NOT GET ANY FLEX-SEAL ON THE HAIR TIP TAIL FIBERS OR THE HAIR BUTTS.**
6. After the Flex-seal has dried, use a pair of pliers to grasp the eye of the needle, then using your hand, firmly grasp the segmented body at the base end and pull it off the needle.
7. Put the hook in the vice and tie-in the thread behind the hook eye. Wrap the thread back down the hook shank for about 1/8", then let the thread hang.
8. Now cut a 2-3" length of polypropylene yarn and divide the strand in half. Tie-in one half of the strand at its middle on top of the hook shank about 1/8" behind the hook eye with 3-4 tight wraps. Pull both ends of the strand straight up and make several tight wraps around the base of the strand creating a wing post. Now wrap the thread back down the hook shank for about 1/8" behind the wing post. Let the thread hang.
9. Take the extended body, divide the butt ends in two even batches and slide them along the sides of the hook shank until the base of the extended body reaches the hook shank. Now tie them in (starting from the base of the extended body) in 3-4 evenly spaced segmented wraps. Make several tight wraps behind the hook eye, then make a whip finish and cut the thread. Trim off the hair butts at the hook eye, leaving the eye clear.
10. Select a brown/olive dry fly hackle feather with barbs about 1½ times the width of the hook gap and strip the fluff from the base of the feather. Re-tie the thread in around the base of the wing post and tie the hackle feather in standing straight up along side the wing post by making several thread wraps (6-7) going up from the base of the wing post around both the hackle butt and the wing post together. About one wrap of bare hackle butt should extend above the thread wraps. This will help in making the first wrap of hackle. The shiny side of the feather should be facing toward you. Trim off any excess hackle butts.
11. Starting at the top of the thread wraps on the wing post, wind the hackle feather counter-clockwise down the wing post for 4-6 wraps. Try to avoid tying down the hackle barbs. Tie it off at the base of the wing with several tight wraps **around the base of the wing post** and remove any excess hackle. Do a whip finish around the base of the wing post. Cut the thread.