

Eastern Fly Tying

Long Run One

By Glenn Zinkus



Materials

- Hook:** Daiichi 2546 or Mustad 3407DT, size 2/0, or Mustad C68S-SS, size 1
- Thread:** White monocord
- Tail:** White Magnum Zonker strip (Hareline Dubbin) and pearl, UV, or chartreuse Krystal Flash
- Underbody:** White DNA Holo-Fusion
- Body:** Chartreuse Estaz or Cactus Chenille
- Overbody:** White DNA Holo-Fusion
- Eyes:** Hareline Dubbin Holographic Super Pearl (5/16-inch for size 2/0; 3/16-inch for size 1)
- Head:** 5 minute epoxy

I knew that Mike Rice, fly tier extraordinaire from Mud Dog Saltwater Flies, really was on to something the moment I saw this fly. We were both preparing for a day of fishing the waters south of Boston in search of striped bass, and this fly looked like my new confidence fly, sporting that super-effective chartreuse/white color combination and a rabbit-strip tail to provide enticing undulating action.

The Long Run One came to life through a discussion during the New England Saltwater Show in Providence, Rhode Island. Rice and Captain John Luchka, of Long Run Fishing Charters, were at a hotel waiting for dinner after the show. Conversation turned to various flies and their attributes, and to the development of a general baitfish pattern that would work on multiple species. Luchka often fishes around Montauk in the fall, in waters where many species—stripers, bluefish, and albies to name three—can appear any time. He wanted a fly that could catch a variety of fish. The Long Run One evolved from this conversation, and has evolved further since then. It has taken striped bass, bluefish, and even pollack in the Northeast, not to mention snook in the Everglades. The Long Run One has proven its fish-catching prowess from Maine to Florida.

I think that one reason for the effectiveness of chartreuse-and-white flies in saltwater is that they accurately suggest the flash of light color a predatory fish sees when a baitfish is wounded and floundering or when a prey species makes a sudden turn to flee. Under such circum-

stances, the baitfish's whitish or yellowish belly serves to attract attention from predators, and the colors used in the Long Run One matches these lighter shades.

The hook size can be varied to match the type and size of baitfish you want to mimic. Likewise, the profile of this fly can be adjusted. The Estaz or Cactus Chenille fibers support the DNA

Holo-Fusion fibers that make up the front of the body and determine the fly's profile. Larger-than-necessary Estaz or Cactus Chenille can be trimmed to achieve the desired profile. The longer these materials, the wider the profile.

Rice ties a lot of flies with bunny strips (aka Zonker strips) instead of hackle. However, one problem with these strips of rabbit fur is that when they get wet they soften and easily wrap around the hook. To remedy this, he uses a monofilament "hinge" at the Zonker-strip-to-hook connection point, which prevents the strip from fouling on the hook. Tying a few strands of Krystal Flash alongside the Zonker strip adds a bit of flash and texture, and helps prevent the strip from spinning around the hook shank. Finally, using a straw to control and evenly distribute the DNA fibers around the fly's tail and to form the body requires some practice, but proves invaluable on this and many other patterns.

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Step 1: Wrap the shank with thread and secure a length of monofilament, creasing it to form a hinge. Pierce a Zonker strip (up to 2.5 inches, depending on hook size) with a bodkin about halfway back from the leading end. Feed the monofilament through the hole and then tie in the Zonker strip.



Step 4: Attach a length of Estaz, apply Sally Hansen's Hard As Nails or clear nail polish to the tie-in point and along the shank, then wrap the Estaz over the Zonker strip tie-in area. Secure the Estaz about 0.25 inch behind the hook eye.



Step 2: Add a drop of head cement or Super Glue on the Zonker strip/mono tie-in area and fold in a few strands of pearl or chartreuse Krystal Flash. Cut a full length of DNA Holo-Fusion, about the thickness of a matchstick, off the hank. Cut a 3-inch piece, setting the other half to the side, and secure the cut piece by its midpoint just forward of the Zonker strip tie-in area. Fold the material back. Wrap the DNA with thread, then spread it over the Zonker strip with your thumb. Wrap back and secure. Turn the fly over and repeat on the bottom with the remaining half of the clump of DNA.



Step 5: Create the front of the fly with DNA Holo-Fusion using the same techniques as in steps 2 and 3.



Step 3: Turn the fly proper side up again, and tease the forward-protruding DNA fibers around the shank so they form a shroud. Slide a short section of drinking straw over the hook eye, pushing the DNA back over the fly evenly.



Step 6: Attach the eyes and then finish the head with 5-minute epoxy. Run a bead of epoxy between the eyes on the top and bottom.