Table S2. Range of uplift rates for terraced estuarine sediments near South Bend, WA.

Unit	MIS	Back edge elevation (m) [1]	Cover sediment thickness (m) [2]	Inner edge elevation (m)	Sea-level fluctuation (m) [3]	Paleo sea-level compared to modern (m) [4]	Uplift (m) [5]	Age (ka) [6]	Uplift rate (mm/y) [7]
Qt1	5a	21	4	17	2	-12	31	82	0.4
						-26	45	82	0.5
					-2	-12	27	82	0.3
						-26	41	82	0.5
			14	7	2	-12	21	82	0.3
						-26	35	82	0.4
					-2	-12	17	82	0.2
						-26	31	82	0.4
Qt2	5c	42	4	38	2	-3	43	96	0.4
						-17	57	96	0.6
					-2	-3	39	96	0.4
						-17	53	96	0.6
			14	28	2	-3	33	96	0.3
						-17	47	96	0.5
					-2	-3	29	96	0.3
						-17	43	96	0.4

[1] Terrace back edge elevation estimated from eroded traces on DEM.
[2] Minimum sediment thickness from Qt2 exposures at modern sea-cliffs near Bay Center. Qt1 sediment thickness is at least 14 m, greater than the lowest terrace surface elevation of ~13 m.
[3] Wave cut benches mark mean sea-level, which varies with tides and storms. We use the tidal fluctuation for Willapa Bay of ±2 m (Michalsen et al., 2010).
[4] Paleo-sea-level elevation has not been modeled for the field area so we used the range of rates at Coquille, OR from geodynamic models (Creveling et al., 2017).
[5] Uplift is the difference between the paleo sea-level elevation and the current elevation of the inner edge (back edge minus sediment thickness) plus/minus the sea-level fluctuation.
[6] MIS peak age (Lisiecki and Raymo, 2005).
[7] Uplift rate is the total uplift divided by the age of the terrace surface.