

Table S3. Range of uplift rates for estuarine sediments near South Bend, WA using eustatic paleo-sea-level estimates.

Unit	MIS	Back edge elevation (m)	Cover sediment thickness (m)	Inner edge elevation (m)	Sea-level fluctuation (m)	Paleo sea-level compared to modern (m) *	Uplift (m)	Age (ka)	Uplift rate (mm/y)
Qt1	5a	21	4	17	2	0	19	82	0.2
						-24	43	82	0.5
						-2	15	82	0.2
						-24	39	82	0.5
						14	9	82	0.1
						-24	33	82	0.4
						-2	5	82	0.1
Qt2	5c	42	4	38	2	-6	46	96	0.5
						-12	52	96	0.5
						-2	42	96	0.4
						-12	48	96	0.5
						14	36	96	0.4
						-12	42	96	0.4
						-2	32	96	0.3
-12	38	96	0.4						

*MIS 5c and 5e eustatic sea-level from Chappell and Shackleton (1986). All other values as for Table S2.