

Table S5. Uplift rates for sites along Cascadia as numbered in Figure 6.

ID	Latitude	Longitude	Location *	Max long-term uplift or incision (mm/yr)
1	47.608372	-124.37574	Kalaloch	-0.03-0.4
2	47.542588	-124.349716	Clearwater	<0.1-0.9
3	46.98736	-123.650423	Wynoochee	0.4±0.3-1.8±0.3
4			near South Bend, average of 2 sites	0.4±0.1
5	45.804667	-123.814833	Cougar Creek, NF Nehalem River	0.9±0.1
6	45.2785	-123.778833	Tony Creek, Nestucca River	0.5±0.1
7	44.786167	-123.795833	Lower Gorge, Siletz River	0.7±0.2
8	44.714833	-123.932	Camp Twelve, Siletz River	<1.3±0.3
9	44.511	-123.833167	Drift Creek Meadows	0.1±0.3
10	43.940833	-123.897833	Sweet Creek, Siuslaw River	<0.1±0.2
11	43.759667	-123.506667	Hudson Slough, Smith River	<0.2±0.2
12	43.802333	-123.807333	Bear Creek, Smith River	<0.3±0.3
13	43.683333	-124.096833	Crestview, Umpqua River	<0.4±0.3
14	44.777126	-124.073402	north of Cape Foulweather, OR	0.1-0.3
15	44.677275	-124.078634	Yaquina Head, OR	0.5-0.8
16	44.316177	-124.107496	Yachats, OR	0-0.4
17	43.30847	-124.39416	Cape Arago, OR	0.5-0.8
18	42.8422	-124.54838	Cape Blanco, OR	0.5-1.4
19	42.10351	-124.35116	Cape Ferrelo, OR	0.7-0.9
20	42.04285	-124.25645	Harbor Bench, OR	0.1-0.2
21	41.761769	-124.224339	Crescent City, CA	0-0.3
22	41.005109	-124.151146	Trinidad, CA	0.6-1.1

* See accompanying Table S6 for sources and additional information at each site by location.