

**Table S4. Range of uplift rates for estuarine sediments near South Bend, WA using geodynamic model estimates of paleo-sea-level elevation near 46° N latitude from Simms et al. (2016).\***

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/yr)			
<b>Qt1</b>	5a	21	4	17	2	-15	34	82	0.4			
						-33	52	82	0.6			
						-2	30	82	0.4			
						-33	48	82	0.6			
						14	7	2	-15	24	82	0.3
						-33	42	82	0.5			
						-2	20	82	0.2			
						-33	38	82	0.5			
<b>Qt2</b>	5c	42	4	38	2	-10	50	96	0.5			
						-25	65	96	0.7			
						-2	46	96	0.5			
						-25	61	96	0.6			
						14	28	2	-10	40	96	0.4
						-25	55	96	0.6			
						-2	36	96	0.4			
						-25	51	96	0.5			

\* All other values as for Table S2.