Text About Cascadia Subduction Zone—Open in Notability Look at map in yellow packet and read at the same time—circle important words and underline main ideas. What does this help us undertand better?

The big picture result of the activity is that coastal stations of Oregon and Washington are being pushed toward the northeast at about 1/2 of the velocity of Juan de Fuca Plate motion with respect to interior North America. Urban corridor stations are being pushed toward the northeast at about 1/4 of the velocity of Juan de Fuca Plate motion with respect to interior North America. Stations east of the Cascades are not moving at all or are barely moving. The clear implication is that coastal areas are moving towards eastern areas as the active continental margin is being compressed in SW – NE direction. Strain is building within the Pacific Northwest margin of the North American Plate as the Juan de Fuca Plate pushes the North American Plate margin toward the northeast. This accumulating strain will eventually be released in the next great earthquake on the Cascadia Subduction Zone. The plate boundary regions of the Juan de Fuca and North American plates are "locked and loading".