

Table S1. Comparative data on body mass, pectoralis strain and strain rate during flight in birds

Species	Body mass (g)	Strain (%)	Strain rate (lengths s <sup>-1</sup> )	Flight speeds or modes	Study
Rufous hummingbird ( <i>Selasphorus rufus</i> )	3	10.8	7.4	0–10 m s <sup>-1</sup>	This study
Zebra finch ( <i>Taeniopygia guttata</i> )	13	20.4	7.9	0–14 m s <sup>-1</sup>	Tobalske et al., 2005
Zebra finch (2)	13	14	6.8	0–13 m s <sup>-1</sup>	Ellerby and Askew, 2007
Blue-breasted quail ( <i>Coturnix chinensis</i> )	44	22.8	7.9	Take-off; escape	Askew et al., 2001
Budgerigar ( <i>Melopsittacus undulatus</i> )	45	13.5	3.8	4–16 m s <sup>-1</sup>	Ellerby and Askew, 2007
Cockatiel ( <i>Nymphicus hollandicus</i> )	79	39	5.8	1–13 m s <sup>-1</sup>	Hedrick et al., 2003
Black-billed magpie ( <i>Pica hudsonica</i> )	182	33	Not reported	0–14 m s <sup>-1</sup>	Warrick et al., 2001
Northern bobwhite ( <i>Colinus virginianus</i> )	200	19.1	5.9	Take-off; escape	Tobalske and Dial, 2000
Chukar ( <i>Alectoris chukar</i> )	492	22.8	6.3	Take-off; escape	Tobalske and Dial, 2000
Rock dove ( <i>Columba livia</i> )	649	32.8	5.1	Slow level	Biewener et al., 1998
Rock dove (2)	562	38	5.3	Ascending; level; descending	Tobalske and Biewener, 2008
Ring-necked pheasant ( <i>Phasianus colchicus</i> )	943	22.2	4.3	Take-off; escape	Tobalske and Dial, 2000
Mallard ( <i>Anas platyrhynchos</i> )	1000	29.3	3.7	Take-off; escape	Williamson et al., 2001
Wild turkey ( <i>Meleagris gallopavo</i> )	5275	35.2	4.8	Take-off; escape	Tobalske and Dial, 2000