





6 Clumps of old wrack provide wind shadows that begin to collect wind-blown sand and tumbling plant seeds on the upper beach.

Sprouting plants grow more quickly through their vulnerable period thanks to nutrients provided by the decaying wrack.

8 Although most wrack clumps and the plants they foster disappear with time, some clumps grow into low dunes out on the upper beach. If left undisturbed, these small dunes can grow into substantial mounds capable of protecting upland property from storm erosion.

The Dunlin's Journey A Mega-marathon Fueled by Snacks from the Wrack

Dunlin sandpipers (below)





Woody materials

## What's in the Wrack?

Hidden in the wrack are many items that take part in the wrack community and that have their own interesting stories to tell. Sea beans drift from the tropics, dune plant seeds give rise to future beach plants, and sea shells along with other invertebrate skeletons reveal former lives lived at sea. Human influence is also seen in the form of seaglass shards polished by the sea, and in bits of plastic from marine litter.



Marsh grasses



Sea beans

Dune plant seeds





Mollusk shells

Marine invertebrates





## Threats to the Wrack Community

Some of our efforts to "clean" the beach include the mechanized removal of wrack from the beach. Unfortunately, the barren shores left by beach cleaning and grooming machines are not hospitable to beach life. Without wrack, some of the most interesting attributes of a beach are also absent.



# Did You Know?

Picking up trash almost doubles the calories you burn walking down the beach. As you stoop, you'll discover treasures; common in wrack are more than 300 kinds of sea shells and 60 kinds of sea beans. Other gleaners of wrack include rare piping plovers, which are currently threatened with extinction.

# You Can Help

Mechanized removal of beach wrack is often aimed at removing the human litter we leave behind. Most of this could be picked up by hand. Freeing beaches of plastic debris reduces threats to wildlife from mistaken ingestion and entanglement, and abates the temptation to tidy the beach by more heavy-handed means. When you visit the beach, bring a re-used shopping bag to fill with the litter you find.



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Poster Series No. 1