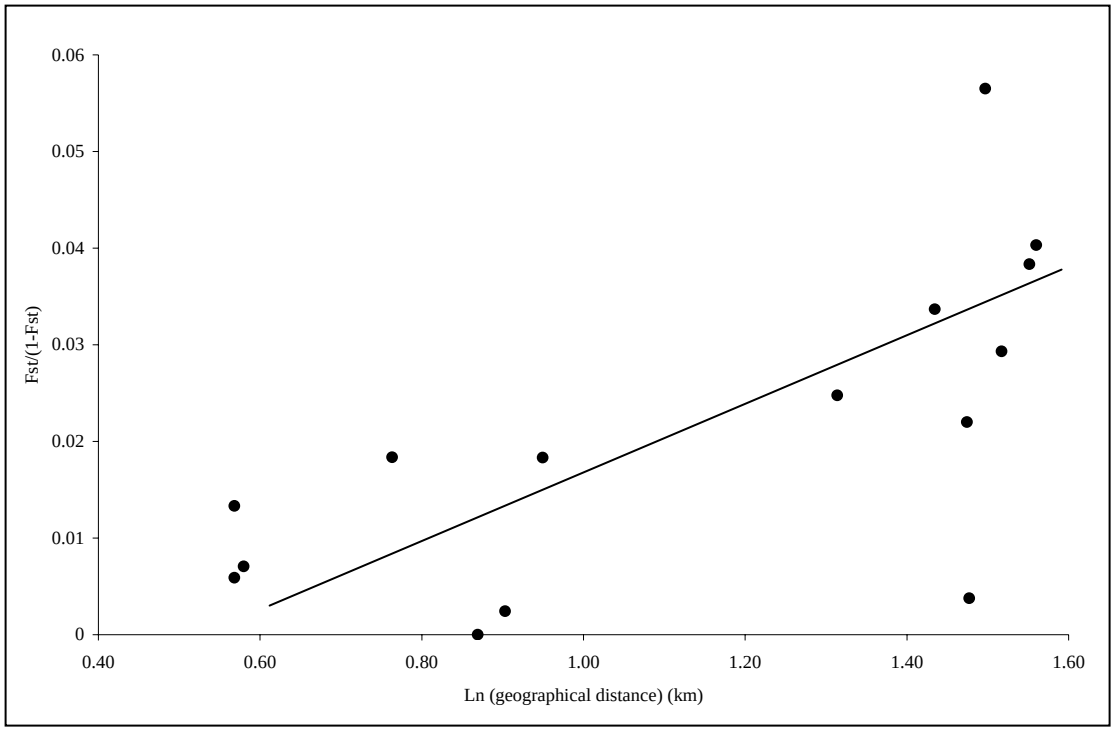
Supplement 1. Study populations of *B. boreas* and their sample sizes (*N*), average observed heterozygosity (H_o), average expected heterozygosity (H_e) and average number of alleles per locus (N_a).

Population	*N*	H_o	H_e	N_a
BLW	18	0.66	0.79	8
MOS	24	0.65	0.74	9
PIK	32	0.72	0.76	9
RON	28	0.63	0.73	8
STF	15	0.67	0.80	7
UGV	33	0.70	0.77	10

Supplement 2. Pairwise F_{ST} values for *B. boreas* populations below the diagonal. Associated *P*-values above the diagonal, obtained after 3000 permutations. Bold values are significant at the 0.0033 level after sequential Bonferroni correction.

	BLW	UGV	MOS	PIK	RON	STF
BLW		0.153	0.571	0.002	0.002	0.159
UGV	0.007		0.013	0.000	0.000	0.037
MOS	-0.003	0.018		0.001	0.014	0.262
PIK	**0.028**	**0.054**	**0.033**		0.297	0.317
RON	**0.039**	**0.037**	0.022	0.002		0.022
STF	0.013	0.018	0.006	0.004	0.024	

Supplement 3. Genetic distance (F_{ST}/(1-F_{ST})) as a function of log geographic distance for *B. boreas*.



Supplement 4**.** Estimates of $4N_em$ (M) and $4N_e\mu$ (Θ) for *B. boreas*. Gene flow occurs in the direction from populations at top to populations at side. Θ is shown on the diagonal (in bold), and M is off-diagonal elements. U95CI shows upper 95% confidence limit, and L95CI shows lower 95% confidence limit.

	BLW	UGV	MOS	PIK	RON	STF
BLW	**0.395**	7.336	5.004	3.515	2.646	3.008
U95CI	**0.356**	6.631	4.415	3.030	2.221	2.559
L95CI	**0.440**	8.102	5.634	4.053	3.120	3.520
UGV	2.695	**0.706**	4.452	3.750	4.269	2.281
U95CI	2.361	**0.665**	4.033	3.356	3.851	1.983
L95CI	3.054	**0.750**	4.897	4.164	4.716	2.605
MOS	1.907	4.588	**0.477**	2.753	4.355	2.032
U95CI	1.628	4.147	**0.445**	2.417	3.939	1.749
L95CI	2.210	5.054	**0.513**	3.117	4.798	2.343
PIK	1.290	3.212	2.815	**0.623**	3.791	0.722
U95CI	1.081	2.879	2.496	**0.588**	3.427	0.570
L95CI	1.523	3.570	3.158	**0.661**	4.183	0.898
RON	1.699	3.379	2.896	4.249	**0.475**	1.740
U95CI	1.463	3.039	2.581	3.854	**0.445**	1.500
L95CI	1.961	3.745	3.234	4.665	**0.507**	2.002
STF	2.837	2.203	2.495	1.739	3.826	**0.306**
U95CI	2.456	1.868	2.131	1.444	3.385	**0.277**
L95CI	3.257	2.578	2.974	2.073	4.307	**0.339**