

See Tourist Run

Now there's no excuse for letting your workout regimen fall by the wayside when you're on vacation. Audio guide maverick Soundwalk has teamed up with Puma to create TrainAway (\$10, trainaway.puma.com), downloadable MP3 running tours for New York, London, Berlin, and Paris. In each city, a local personality grabs his or her favorite running coach to guide you on a four- to six-mile jog around the city's famed green spaces—all while pointing out landmarks and giving running techniques. If sour weather keeps you inside, head to the hotel's gym, rev up the treadmill, and press play on the 40-minute indoor version. It tells you when to speed up and increase the incline and also offers insider tips on what to do once you hit the pavement.



Cute and Cruelty-free

They spare the cows and crocodiles, but many vegan shoes could rightly qualify as fashion abuse. Until now. These new entrants to the world of animal-friendly footwear will make you look as good as you feel.

Charmone Shoes crafts sandals and platforms using earth-conscious materials like microfiber and water-based glues. "Green Ginseng" and "Red Ginkgo," \$315 each, charmoneshoes.com



Portuguese brand **Novacas** (translation: "no cows") makes sleek heels and round-toe wedges, as well as suit-worthy dress shoes for men. "Bridget" and "Angel," \$95 each, mooshoes.com

WHAT ARE... PARABENS?

A group of preservatives often used in many conventional personal-care products, parabens (like

ethylparaben) are found in many products and have been shown to have endocrine-disrupting effects. The Environmental Working Group (EWG) has found parabens in many personal-care products. EWG's Skin Deep database lists parabens as a "moderate" concern. EWG's Skin Deep database lists parabens as a "moderate" concern.

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