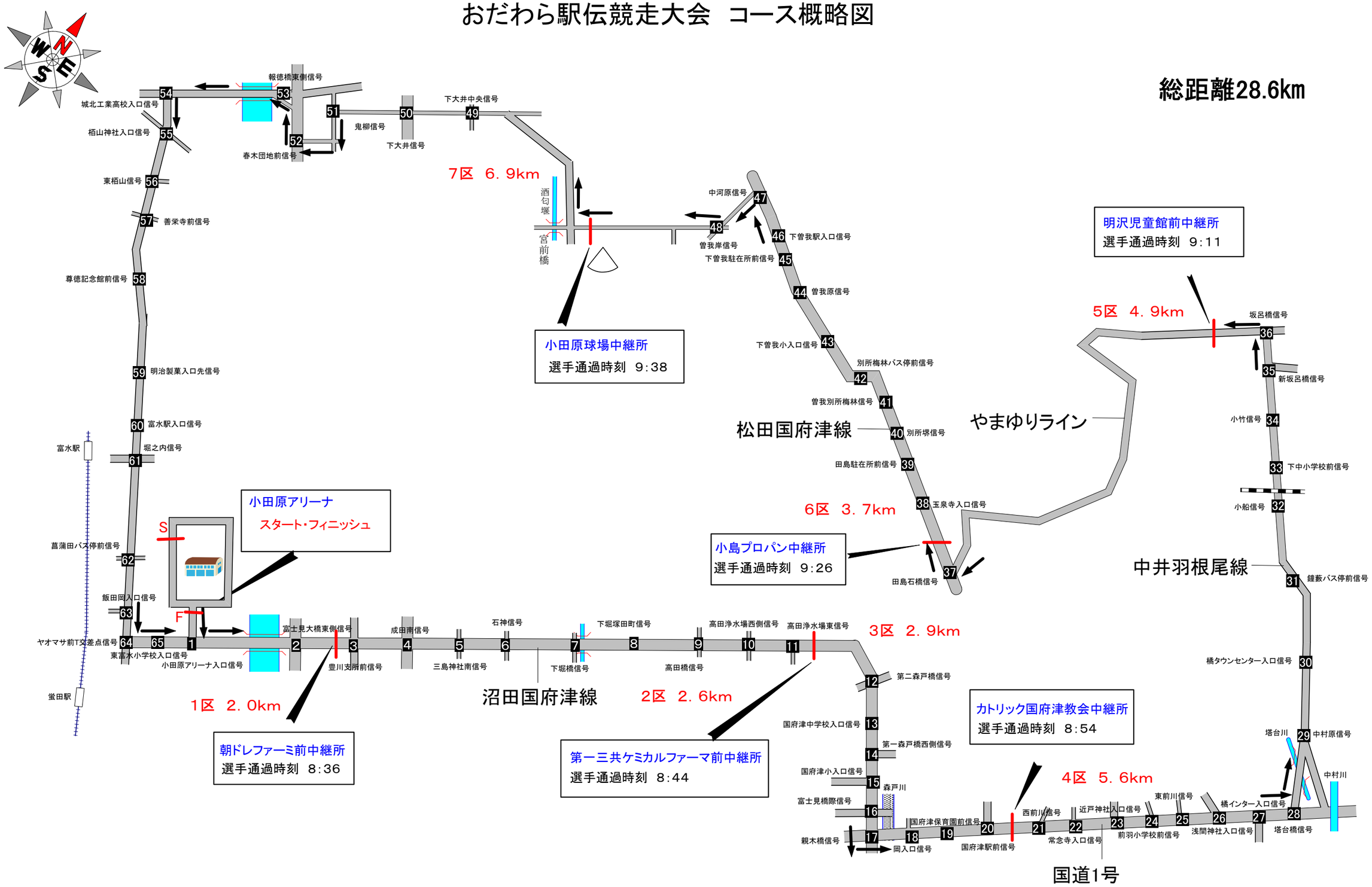おだわら駅伝競走大会　コース概略図