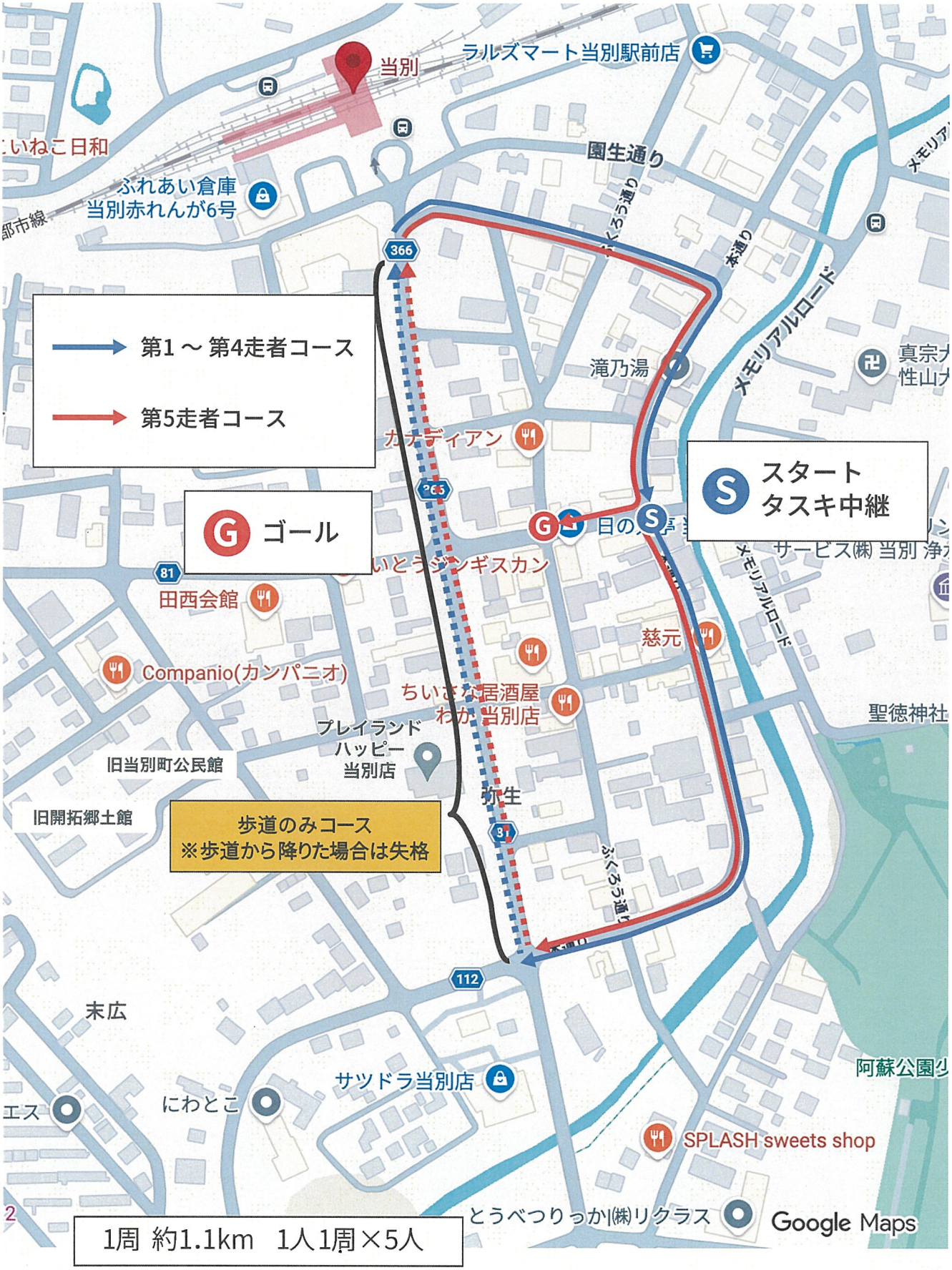第18回　とうべつさわやか駅伝コース図