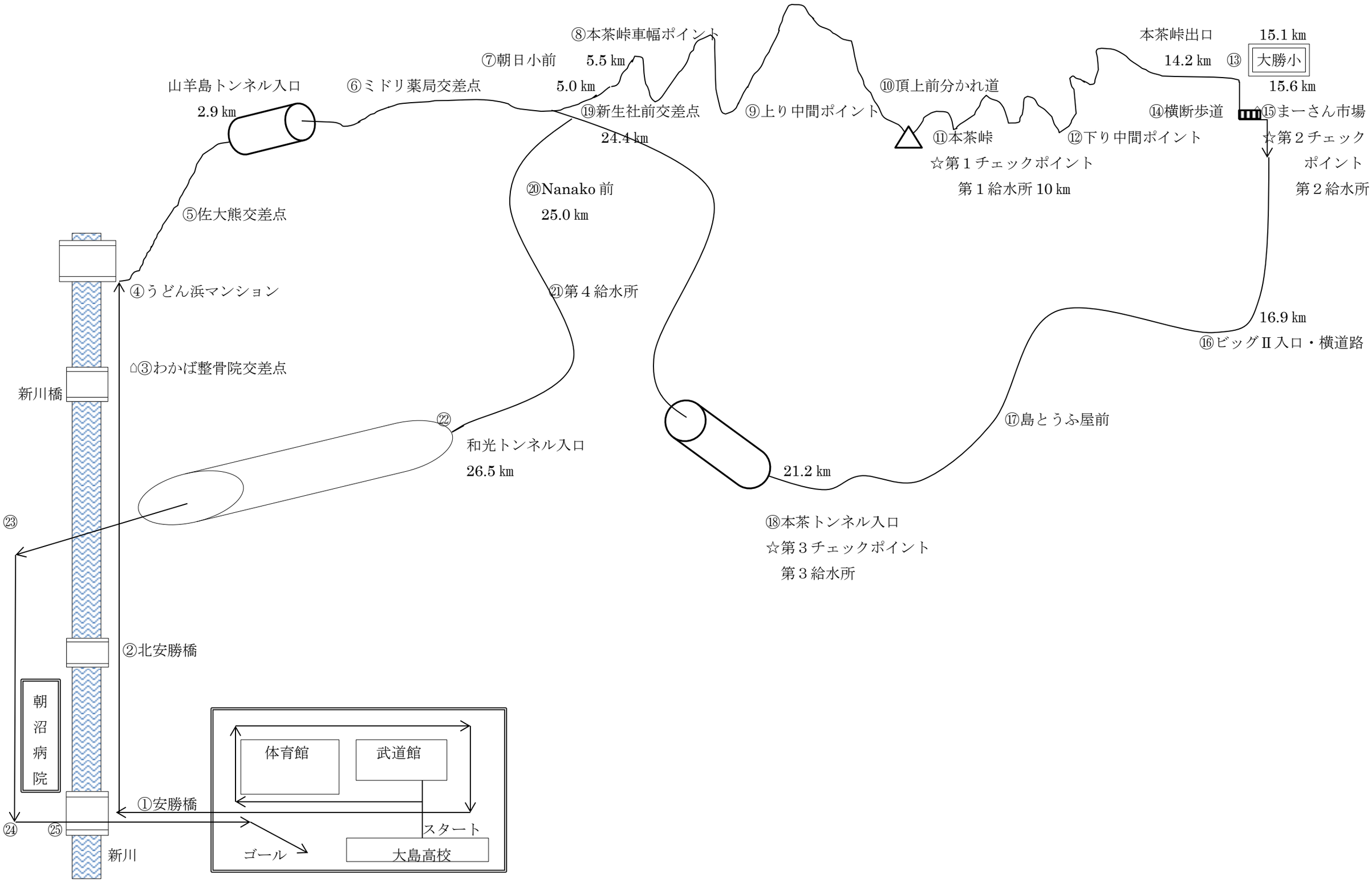平成３０年度　３０㎞遠行　コース図