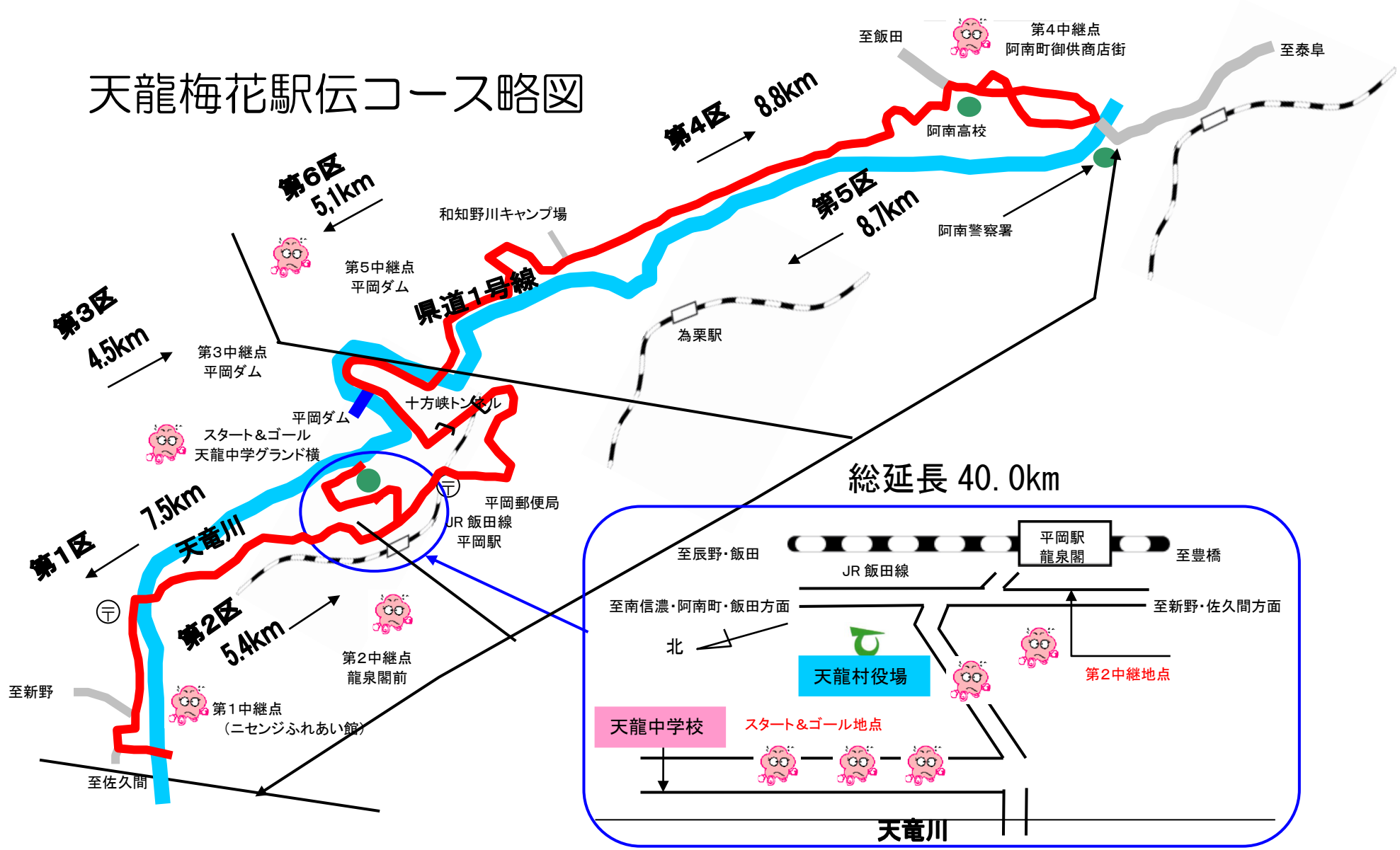天龍梅花駅伝コース略図