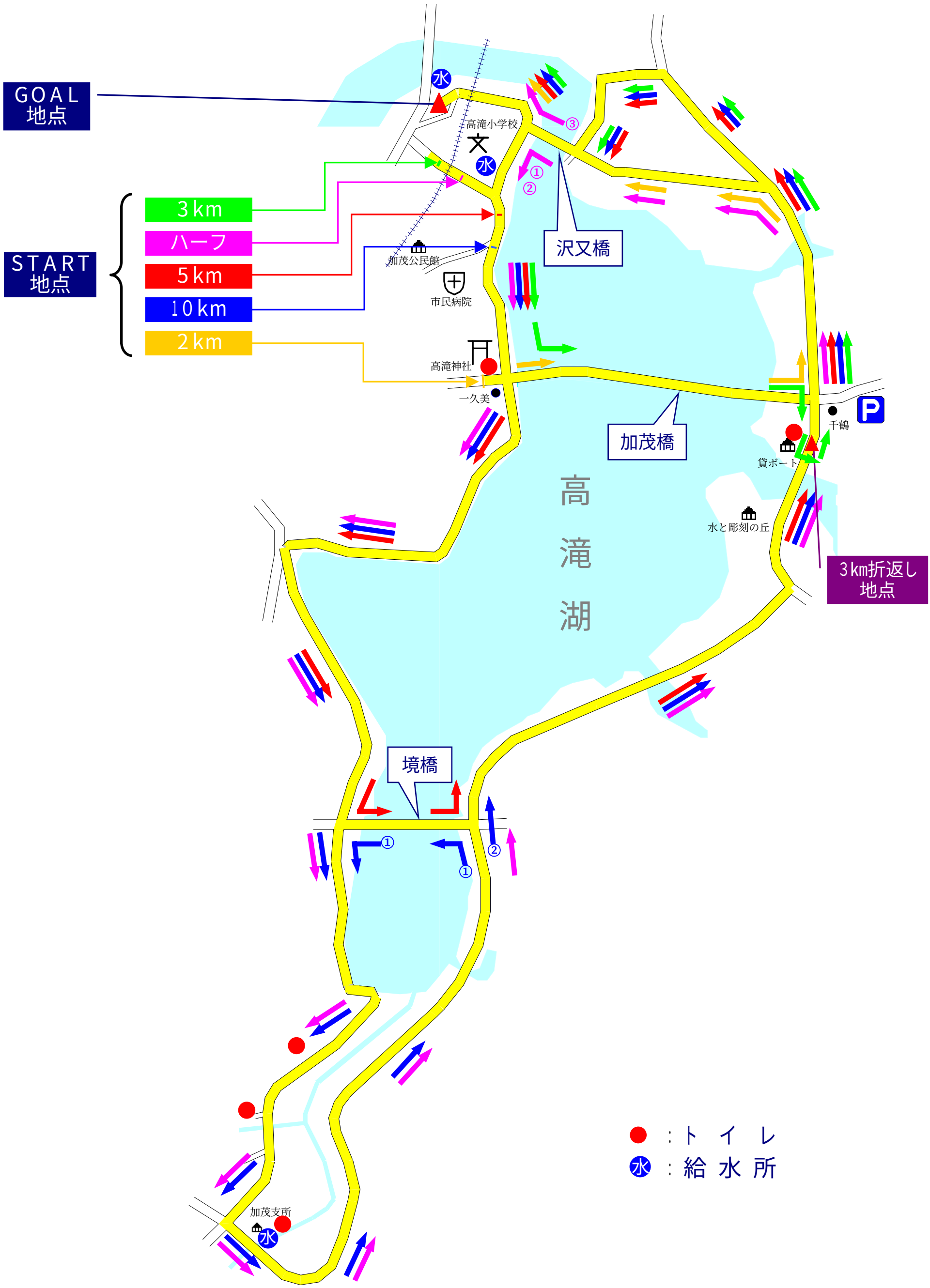市原高滝湖マラソン大会　コース案内図