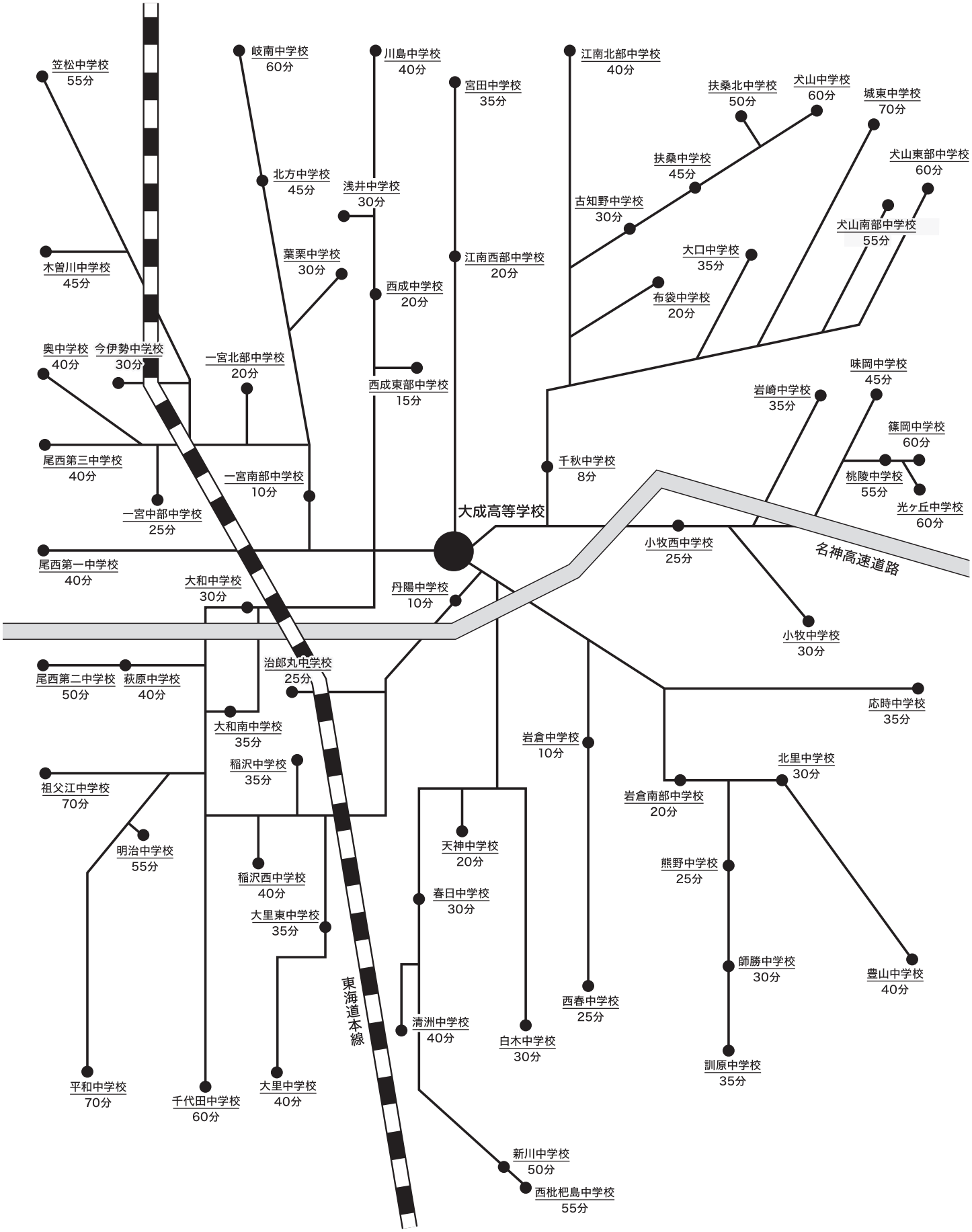自転車通学ロードマップ