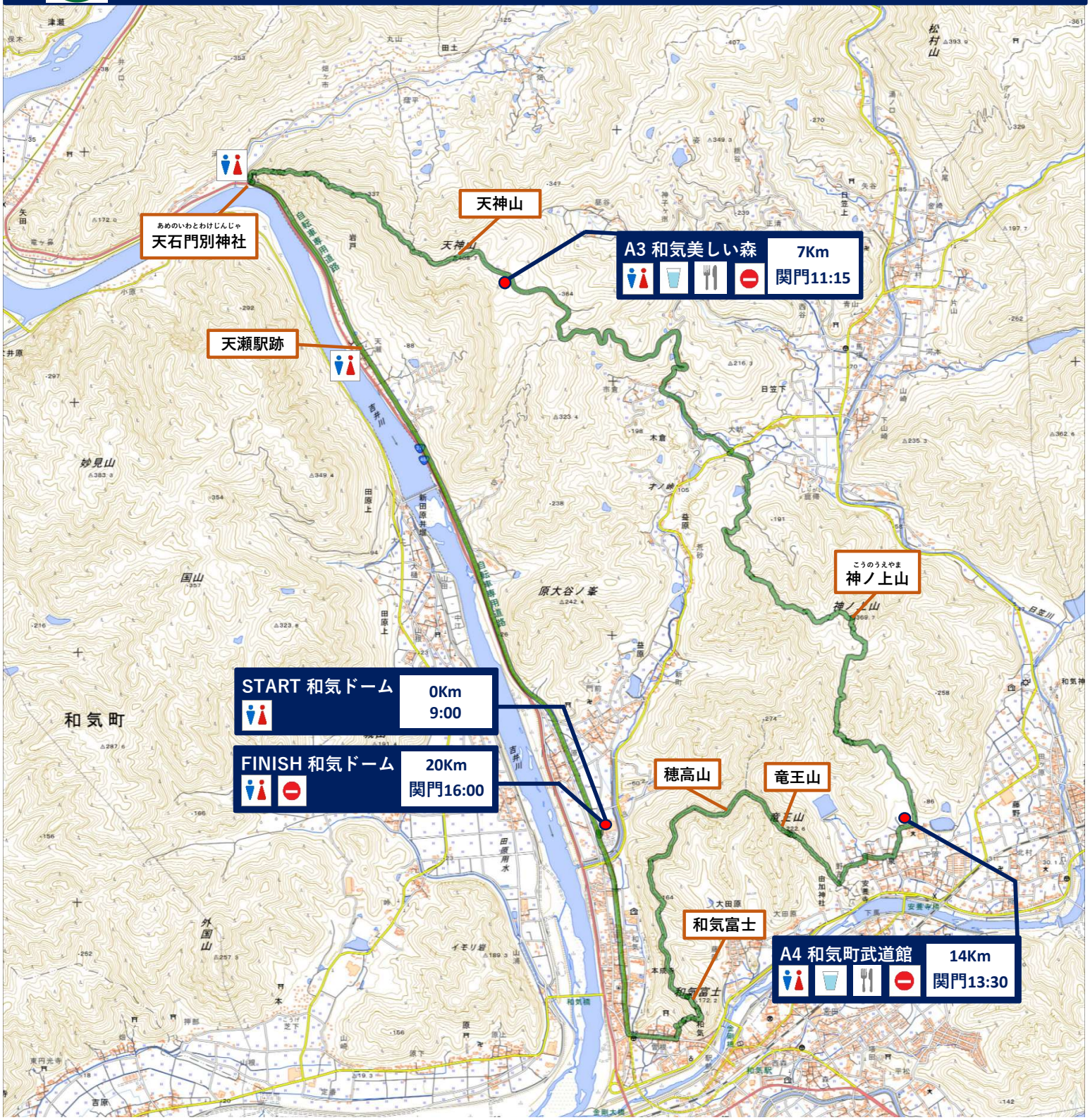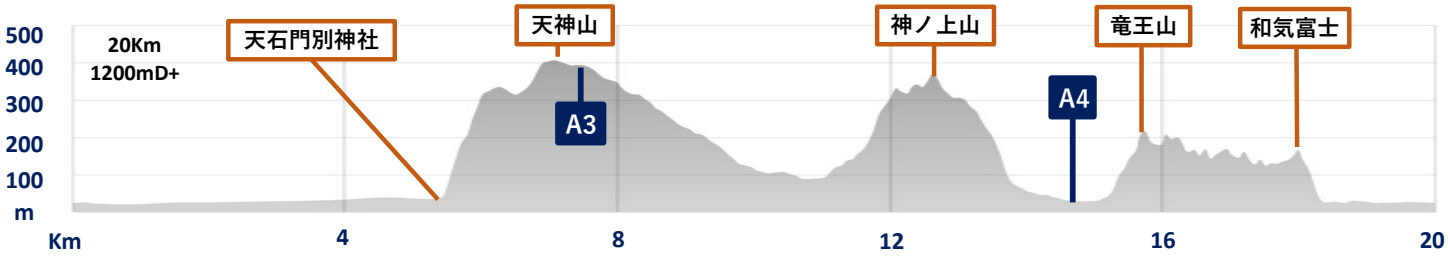Wake Alps Trail 50 2026 ミドルコースマップ